

**NEW JERSEY'S**  
**QUICK STEPS**  
**to**  
**“FRUITS**  
**&**  
**VEGETABLES**  
**GALORE”**

**School Food Service Program**



***This program has been made possible through a USDA  
Team Nutrition Grant.***

**QUICK STEPS**  
to  
**Fruits & Vegetables Galore**  
**And Dairy Too!**

**Table of Contents:**

**-Introduction by Instructor**

**-Acknowledgements**

**-Activities:**

- ✓ Fresh Produce Storage Considerations..... Pg. 1
- ✓ Produce Cooler Plan-O-Gram..... Pg. 2

**-Handouts:**

- ✓ Tips For Seasoning Vegetables.....Pg. 4
- ✓ Salt Substitute Recipes.....Pg. 5
- ✓ Hot Presentation Tips..... Pg. 6
- ✓ Mystery Diner.....Pg. 7
- ✓ Merchandising Tips..... Pg. 9
- ✓ Pre-Cut vs. Bulk.....Pg. 10
- ✓ Resources.....Pg. 11
- ✓ Web Sites.....Pg. 12
- ✓ Produce Safety.....*Located in Front Pocket of Manual*
- ✓ 5 A Day --- The Color Way Tri-fold.....*Located in Front Pocket of Manual*
- ✓ Tip Cards.....*Located in Back Pocket of Manual*

**-Milk/Dairy Handouts:**

- ✓ Milk 101 & Vended Milk.....*Located in Front Pocket of Manual*
- ✓ Dairy Council..... Pg. 13

**-Forms:**

- ✓ School Data Form.....Pg. 14
- ✓ NJ Star Wellness Challenge Form..... Pg. 15

**-Fruits & Vegetables of the Month..... Pg. 17**

**-Fruits & Vegetables of the Month Promo Form.....Pg. 18**

**-Monthly Fruit & Vegetable Info..... Sept. – June**  
*(Fact Sheet; Fun Facts; School Foodservice Link; Foodservice Recipes)*

***NOTE:*** “Quick Steps to Fruits & Vegetables Galore And Dairy Too” qualifies for two  
NJSNA/SNA “CEU” Credits

# ACKNOWLEDGEMENTS

The New Jersey Team Nutrition Project wishes to thank the following individuals and organizations for their contributions to the completion of this training manual.

We would like to acknowledge the USDA for providing us with the “Fruits & Vegetables Galore” toolkit. Our “Quick Steps...” program was designed based on utilization of these kits. The first section of our trainings reviews the components of this kit and strategies to incorporate this resource into school foodservice operations.

A thank you to the following organizations for their handouts and information, which enhanced our instructional sessions:

- American Dairy Association
- Mid-Atlantic Dairy Association
  - Dole Five-A-Day
  - New Jersey Five-A-Day
- U.S. Food & Drug Administration
- Wakefern Food Corporation/Shop Rite

A special thank you to the following individuals who contributed to the development of this manual:

Janet Renk  
Bureau of Child Nutrition Programs  
New Jersey State Department of Agriculture

Christine M. Soldo  
Student/Nutritional Science Major  
Rutgers University

Janet L. Celi  
Consultant  
Top of the Class Food Services

## FRESH PRODUCE STORAGE CONSIDERATIONS

### (Factors Affecting Fresh Produce Shelf-Life At The Operator Level)

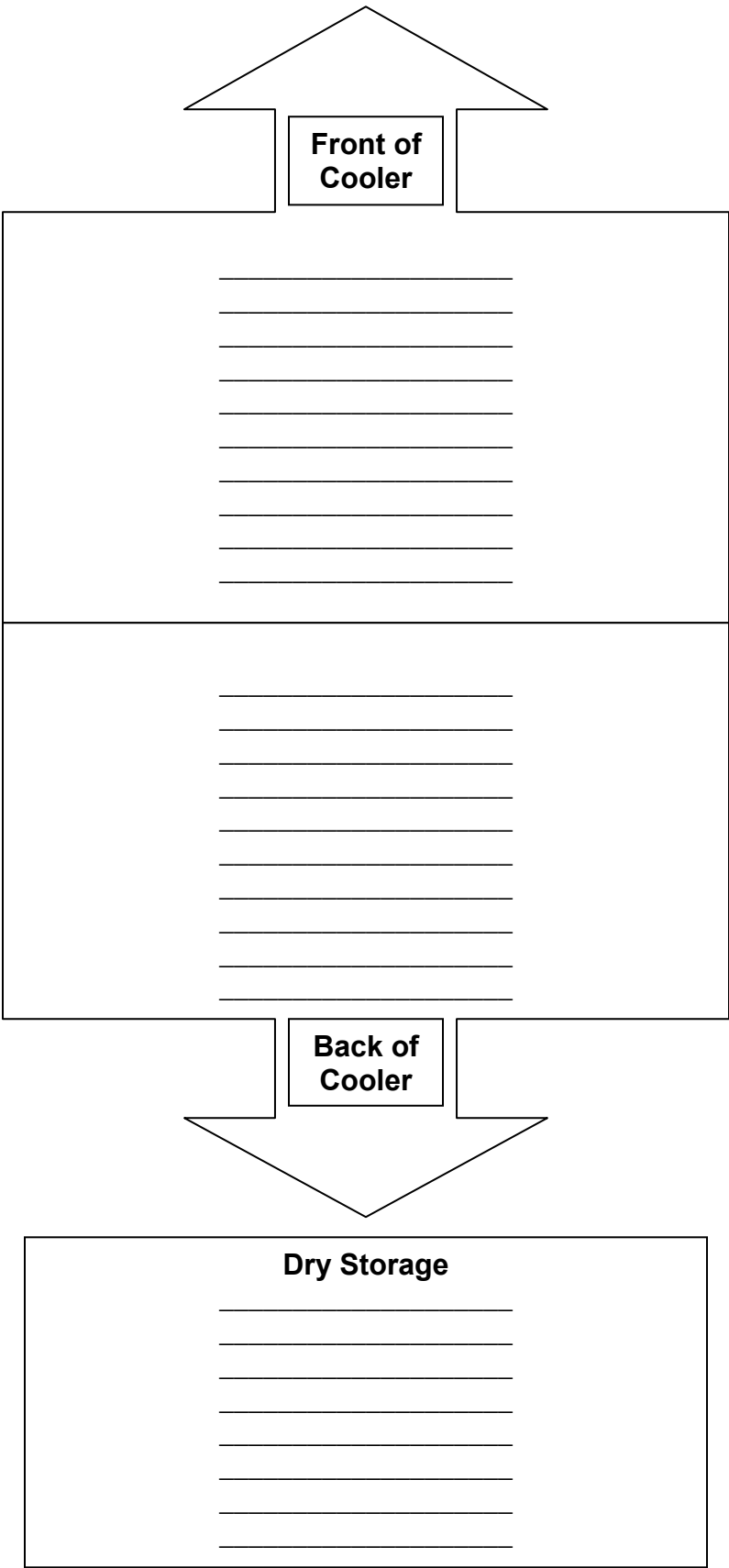
Rank The Following Factors In Order Of Importance To Produce Shelf-Life At The Restaurant/Foodservice Operation Level (1=most important, 6=least important).

\_\_\_\_\_ Ethylene Gas      \_\_\_\_\_ Temperature      \_\_\_\_\_ Humidity  
 \_\_\_\_\_ Time      \_\_\_\_\_ Handling      \_\_\_\_\_ Modified Atmosphere Packages

TEMPERATURE	ETHYLENE	HUMIDITY
1. Keep products as close to proper temperature as possible.  2. Avoid <u>chill</u> damage of tomatoes, snap beans, avocados, bananas, cucumbers, squash, pineapples.  3. Utilize temperature variation throughout your cold box.  4. Avoid freeze damage of all fresh produce items.  5. Serve fresh fruit at room temp. for better flavor/taste.	1. Reduce effects of ethylene: a. Watch ethylene producers slotting/mixing in cold box b. Cold temperatures c. Good air movement d. Ethylene absorbants/filters  2. Primary ethylene producers: apples, avocados, bananas, melons, tomatoes, peaches, pears, passion fruit, papayas.  3. Ethylene sensitive products: Iceberg & European lettuces, broccoli, carrots, cucumbers, parsley, leafy greens.	1. Keep cold box cold to reduce water loss associated with humidity.  2. Use paper covers to reduce moisture loss when appropriate.  3. Be careful with tupperware containers that are completely sealed because they may increase humidity & ethylene.  4. Add a little crushed ice to products such as bulk broccoli and green onions in very hot summer months.

TIME	HANDLING	MODIFIED ATMOSPHERE PACKS
1. Time includes transit time to your operation for products held at improper temperatures.  2. Develop menu schedules that use higher respiration rate products, that are more perishable, closer to delivery dates.  3. First in - first out rotation is good 90% of the time - <u>check quality</u> .  4. Minimize time products are left out of refrig. after prepping.	1. Move product into appropriate cold box slot ASAP on delivery.  2. Keep all products off of floor for sanitation & good cold air flow all the way around the product.  3. Keep products in their shipping carton whenever possible.  4. Don't drop products, even potatoes will bruise easily.  5. Be careful not to stack heavy products on others.	1. <u>Must</u> keep pre-cut products at appropriate temperature range.  2. Do not take pre-cut bags out of boxes and store on shelves.  3. Re-washing or rinsing pre-cut product is optional. Most products are ready to eat. <u>Check the carton/bag label.</u>  4. Most pre-cut products are 100% natural, no preservatives or additives are used. Check the carton/bag labels.

# Produce Cooler Plan-O-Gram



The diagram illustrates the layout of a produce cooler. At the top, a triangle points upwards, with a box labeled "Front of Cooler" centered below it. Below this is a large rectangular area divided into two horizontal sections. Each section contains ten horizontal lines for labeling. At the bottom of this large area, a triangle points downwards, with a box labeled "Back of Cooler" centered above it. Below the "Back of Cooler" box is a separate rectangular area labeled "Dry Storage" at the top, which also contains ten horizontal lines for labeling.

**Front of Cooler**

\_\_\_\_\_

\_\_\_\_\_

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**Back of Cooler**

**Dry Storage**

\_\_\_\_\_

\_\_\_\_\_

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# Walk-In Cooler Box Design Project

**Instructions:** Using the *Quality Food for Quality Meals Manual* refer to “Appendix 4 - Ideal Storage Temperatures”, page 118, and the lists on page 13, “Ethylene Producers & Ethylene Sensitive” to answer the following questions:

- 1- Place the following produce in the best temperature zone of the cooler (front or back) or in the dry storage area.

*(Write in Answers on “Produce Cooler Plan-O-Gram”)*

Apples	Lettuce, Iceberg
Bananas	Melons
Broccoli	Oranges, California
Cabbage	Peaches
Carrots	Pears, Ripe
Celery	Potatoes
Cucumbers	Squash, Summer
Grapes	Sweet Potatoes
Lemons	Tomatoes, Green

- 2- Which items in the front of the cooler need to be kept separate from other produce because they are “High Ethylene Producers”?

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- 3- Which items in the back of the cooler need to be kept separate from other produce because they are “High Ethylene Producers”?

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- 4- Which items in your dry storage need to be kept separate from other produce because they are “High Ethylene Producers”?

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# TIPS FOR SEASONING VEGETABLES

Vegetables can be made more appealing by using herbs, spices and other suggestions. Seasoning vegetables with herbs and spices reduces the need for added salt. Try the suggestions below to enhance the natural flavor of vegetables.

USE	TO SEASON
Allspice	Winter Squash, Sweet Potatoes
Basil	Cabbage, Carrots, Green Peas, Spinach, Tomatoes
Caraway	Beets, Cabbage, Cauliflower, Green Beans, Wax Beans, Zucchini
Cardamom	Winter Squash, Sweet Potatoes
Celery Seed	Cabbage, Carrots, Cauliflower, Celery, Sauerkraut, Tomatoes
Chili Powder	Corn, Tomatoes
Cinnamon	Beets, Carrots, Sweet Potatoes, Onions, Tomatoes
Curry	Cabbage, Celery, Lima Beans
Dill Seed	Beets, Cabbage, Carrots, Cauliflower, Celery, Green Beans, Green Peas, Wax Beans
Garlic Powder	Green Leafy Vegetables, Tomatoes
Lemon Juice	Green Leafy Vegetables, Broccoli, Cauliflower
Mace	Cauliflower
Marjoram	Broccoli, Carrots, Cauliflower, Green Peas, Spinach, Zucchini
Mint	Carrots, Green Peas, Spinach
Mustard Seed	Cabbage
Nutmeg	Celery, Spinach, Winter Squash
Onion Powder	Cabbage, Green Beans
Oregano	Green Peas, Tomatoes, Zucchini
Parsley	Tomatoes, Corn
Rosemary	Cauliflower, Spinach, Turnips
Sage	Green Beans, Onions, Tomatoes, Wax Beans
Tarragon	Cauliflower
Thyme	Carrots, Celery

## **SALT SUBSTITUTE RECIPES**

Instead of offering salt on your cafeteria tables, try different spice blends as a substitute for salt in the salt shakers. A few spice blend combination ideas are listed below. Combine all ingredients in amounts listed and blend thoroughly. Put in salt shakers. If the ingredients stick together, add a few grains of uncooked rice. Many salt-free seasoning blends are also available commercially.

<b>Spicy Flavor Blend</b>	<b>Herbed Seasoning Blend</b>
2 Tbs. Savory, crushed 1 Tbs. Powdered Mustard 2 1/2 tsp. Onion Powder 1 1/2 tsp. Curry Powder 1 1/4 tsp. Ground Cumin 1/2 tsp. Garlic Powder	2 Tbs. Dillweed or Basil Leaves, crushed 2 Tbs. Onion Powder 1 tsp. Oregano Leaves, crushed 1 tsp. Celery Seed 1/4 tsp. Grated Lemon Peel (dried) Dash Black Pepper
<b>All Purpose Spice Blend</b>	<b>Seasonings for All Seasons</b>
5 tsp. Onion Powder 2 1/2 tsp. Garlic Powder 2 1/2 tsp. Paprika 2 1/2 tsp. Powdered Mustard 1 1/4 tsp. Thyme Leaves, crushed 1/2 tsp. White Pepper 1/4 tsp. Celery Seed	1 tsp. Basil 1 tsp. Marjoram 1 tsp. Thyme Leaves, crushed 1 tsp. Oregano Leaves, crushed



## 😊 **HOT PRESENTATION TIPS** 😊

**Note:** High Quality Foods Can Be Ruined Through Improper Handling & Preparation.

### **\*BATCH COOKING**

- Cooking and Preparation of Food Should Occur Throughout All Lunches.
- Food Should Not Be Cooked Early in the Morning for All Meal Periods.
- Food Should Be as Fresh as Possible Before Each Scheduled Lunch Period.

### **\*HOT FOOD HOT!    COLD FOOD COLD!**

- Hot Food Should Always Be Merchandised & Stored In, or Under, Heated Equipment.
- Serve One Customer at a Time!

*(Do Not Pre-Plate Food Ahead of Time & Let it Sit on Top of Serving Area Waiting for Customers; Food Becomes Cold. Your Students Do Not Want First Meals That You Have Portioned as They Fear These Will be Cold. The First Meals Become Colder & Colder as They Get Pushed Forward on the Line. )*

- Cold Food Should Be Displayed In, or Stored In, Refrigerated or Iced Units.

### **\*SMALL PANS**

- Present Food in Small 4" or 2" pans. Refill Pans as Needed.  
*(This Strategy Keeps Food as Fresh as Possible & Retains Quality of Food. Food is Visible; Not Lost & Out of Sight.)*
- Clean Edges of Pans on Serving Lines Frequently. Serving Lines for All Lunch Periods Should Look Like You Just Opened Up for Service.

### **\*COLD SANDWICHES**

- Wrap, Open Face, with Lettuce --- More Eye Appealing  
*(Easier to Identify; Customers Can Select Their Preferred Variety with Ease)*

### **\*FRUIT**

- Display Fresh Fruit in Wire or Wicker Baskets
- Place Cupped or Pre-Portioned Fruit & Dessert on Colorful Sheet Pans or Trays
- Alternate Rows of Cupped Fruit & Desserts Based on Color for a Visual, Eye—Appealing Effect
- Display "Help Your Self" Chilled Fruit in Decorative or Colored Bowls ---- Not Stainless!

\*\*\*\*\* **INSTRUCTOR DEMO:** Show ½ of a fresh apple & ½ of a fresh orange in soufflé cup; Colorful & orange protects apple from turning brown

### **\*SALAD BAR**

- Be Sure Crocks are Full so Food is Visible & Eye Appealing.
- Use Smaller Crocks if Necessary.

### **\*GRAB 'N' GO OR EXPRESS SALADS**

- Clump Individual Components ----- Highlights Color Vibrance & Emphasizes Contrast of Colors.
- Display in Plastic Containers (Examples: Chicken Caesar Salad, Spinach, Shrimp Popper, Garden, Fruit 'N' Yogurt...)

\*\*\*\*\* **INSTRUCTOR DEMO:** Show difference of chopped carrots and tomatoes in piles vs. if they were simply sprinkled on a salad.

# MYSTERY DINER

DATE: \_\_\_\_\_

## FEATURED MENU:

---

### FOOD:

- |   |                              |                             |
|---|------------------------------|-----------------------------|
| 1- Are the foods on the serving line attractively presented?                      | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 2- Does the food taste good?  | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 3- Are there enough food choices to satisfy all customers?                        | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 4- Are quality, name brands advertised?   | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 5- Are there enough of each choice for all lunch/meal periods?                    | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 6- Are there any healthy lunch choices?<br>(Lower in fat, sodium, cholesterol...) | YES <input type="checkbox"/> | NO <input type="checkbox"/> |

### FOODSERVICE STAFF:

- |  |                              |                             |
|--|------------------------------|-----------------------------|
| 7- Are servers and cashiers polite?                  | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 8- Do servers and cashiers greet you with a Smile?   | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| 9- Does the foodservice staff answer your questions? | YES <input type="checkbox"/> | NO <input type="checkbox"/> |

**10- Is the staff dressed like a team?** YES ☐ NO ☐

**11-Is the staff appearance clean?** YES ☐ NO ☐

ATMOSPHERE:

**12-Is the eating area cheerful  
and upbeat?** YES ☐ NO ☐

**13-Are the dining room tables clean  
for all lunches?** YES ☐ NO ☐

**14-Are the areas in front of the  
serving lines clean?** YES ☐ NO ☐

**15-Are promotional days offered?** YES ☐ NO ☐

**16-Are students disciplined excessively?** YES ☐ NO ☐

OTHER:

**17-Are prices fair for the amount  
of food served?** YES ☐ NO ☐

**18-Are lunch lines long?** YES ☐ NO ☐

**19-Do lines move quickly?** YES ☐ NO ☐

**20-Is there enough time to eat?** YES ☐ NO ☐

COMMENTS:

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## **MERCHANDISING TIPS**

**WOW** your customers by making your School Restaurant a fun and exciting place to visit. These extra-added touches will also make your food, especially fruits and vegetables ----- look and even taste better!

### **\*GREENERY---GARLAND/ Kale**

Add to Salad Bars, Deli Bars & Cold Display Units for Sandwiches, Fruits or Salads  
Use Runners (Floral & Ivy) ----- Easier to Position in Display Units

### **\*BASKETS**

- Wire is In! More Sanitary!
- Great for Merchandising Napkins, Fresh Fruit, Straws, Snacks, Utensils,....

### **\*DECORATIVE TRAYS (Sheet Pans)**

- Add Color & \* WOW \* to Your Serving Lines
- Coordinate with Your Specific Color Scheme or School Colors

### **\*DECORATIVE PRINTS---PICTURES---POSTERS**

- Use Bright, Colorful Food Pictures
- Match Specific Food Stations with Pictures
- Add Protection & Professionalism to Posters ----- Use Frames or Protectors
- Use Heavy Duty Velcro, Double Faced Tape,... to Mount  
(*Never Tape Items on Outside!*)

### **\*\*\*\*\* INSTRUCTOR DEMO:**

Show "Sense-ational Food" poster from book, framed.

## **Pre-Cut vs. Bulk**

### Carrot Sticks Pre-Cut

Approx. \$1.75/lb.  
7.5 - ½ cup servings/lb.  
.23 cents per serving

---

.23 cents

### Bulk Carrots

Approx. .55 cents/lb.  
5 - ½ cup servings/lb.  
.11 cents per serving  
.10 cents Labor (see below\*)

---

.21 cents per serving

### \*Labor:

\$10/hour

\$ 1/hour (10% taxes)

\$ 9/hour (Health Insurance; Based on cost of  
\$10,000/yr. for a 6hr./day employee)

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**\$20/hour**

**Productivity: 100 ½ cup carrot stick portions in 30 minutes**  
**\$10 divided by 100 = .10 cents per portion for labor**

**NOTE:** *You will need to insert your produce prices, labor rates and productivity to determine actual costs for your specific school operation. You then can evaluate the pros & cons of purchasing pre-cut produce.*

## **Variety!**

Offer Less Expensive Produce with More Costly Items!  
Offer Small Portions of More Expensive Items, Such as a ¼ cup.

### Example:

- **Bulk Carrots cut into Sticks at \$.55/lb.**

Yield: 10 each ¼ cup servings/lb.

**Cost: .055 cents per ¼ cup (not including labor)**

- **Pre-cut Broccoli Florets at \$2.00/lb.**

Yield: 28 each ¼ cup servings/lb.

**Cost: .07 cents per ¼ cup**

- **Serve ¼ cup of Carrots & a ¼ cup of Broccoli Together in ½ cup Soufflé Container**  
**.125 cents per serving**

**NOTE:** All yields taken from *USDA Food Buying Guide for Child Nutrition Programs*, 11/01



## ***FRUIT & VEGETABLE RESOURCES***



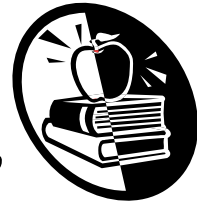
- ✓ Produce Marketing Association [www.pma.com](http://www.pma.com)
- ✓ United Fresh Fruit & Vegetable Association [www.uffva.org](http://www.uffva.org)
- ✓ American Cancer Society [www.cancer.org](http://www.cancer.org)
- ✓ American Heart Association [www.americanheart.org](http://www.americanheart.org)
- ✓ Washington State Apple Commission [www.bestapples.com](http://www.bestapples.com)  
[www.bestapples.com/kids/color.html](http://www.bestapples.com/kids/color.html)
- ✓ Cranberry Marketing Committee [www.uscranberries.com](http://www.uscranberries.com)
- ✓ Florida Citrus [www.floridajuice.com](http://www.floridajuice.com)
- ✓ North Carolina Sweet Potato Commission, Inc.  
[www.ncsweetpotatoes.com](http://www.ncsweetpotatoes.com)
- ✓ California Kiwifruit Commission [www.kiwifruit.org](http://www.kiwifruit.org)
- ✓ California Apricot Producers [www.apricotproducers.com](http://www.apricotproducers.com)
- ✓ Dole Food Service  
[www.dolefoodservice.com/foodservice/bananas.html](http://www.dolefoodservice.com/foodservice/bananas.html)
- ✓ Leafy Greens Council [www.leafy-greens.org](http://www.leafy-greens.org)
- ✓ North American Blueberry Council [www.blueberry.org](http://www.blueberry.org)

### **EDUCATIONAL PROGRAMS: (Fees charged)**

- ✓ "Food Play" [www.foodplay.com](http://www.foodplay.com)
- ✓ 5-A-Day Magic Show - Brian Richards/Phone: 856-753-4599
- ✓ The National Theater for Children [www.nationaltheatre.com](http://www.nationaltheatre.com)



# ***FRUIT & VEGETABLE*** **WEB SITES**



➤ **TEAM NUTRITION:**

[www.fns.usda.gov/tn](http://www.fns.usda.gov/tn)

➤ **EDUCATIONAL SITES for KIDS:**

<http://kidshealth.org>

[www.heathfinder.gov/kids](http://www.heathfinder.gov/kids)

<http://kidnetic.com>

[www.bam.gov](http://www.bam.gov)

<http://www.cdc.gov/verb>

[www.ars.usda.gov/is/kids/index.html](http://www.ars.usda.gov/is/kids/index.html)

[www.freshdelmonte.com/content.cfm?pageid=74](http://www.freshdelmonte.com/content.cfm?pageid=74)

[www.dole5aday.com/kids/k\\_index.jsp](http://www.dole5aday.com/kids/k_index.jsp)

[www.fandvforme.com.au](http://www.fandvforme.com.au)

➤ **FIVE-A-DAY:**

[www.5aday.org](http://www.5aday.org)

[www.dole5aday.com](http://www.dole5aday.com)

[www.aboutproduce.com](http://www.aboutproduce.com)

<http://cancercontrol.cancer.gov/5aday>

[www.5aday.gov/media-posters.shtml](http://www.5aday.gov/media-posters.shtml)

➤ **RECIPES:**

<http://www.state.nj.us/jerseyfresh/recipes>

[www.5aday.gov](http://www.5aday.gov)

<http://www.cdc.gov/nccdphp/dnpa/5aday/recipes/index.htm>

[www.dole5aday.com](http://www.dole5aday.com)



## **Dairy Council**



**Mid-Atlantic Dairy Association Phone: 215-627-8800**

Atlantic; Burlington; Camden; Cape May; Cumberland; Gloucester; Mercer;  
Salem

**American Dairy Association Phone: 570-894-1594**

All Other New Jersey Counties

### **Supporting a Healthy School Environment!**

Interested in any of the following items??

Contact the phone numbers listed above.

✓ **School Milk Vending Start-Up Grants ---  
\$1,000**

✓ **ReCharge!**

Energizing After School Program ---  
Focuses on Nutrition & Fitness

✓ **Nutrition Curriculum Program ---  
2<sup>nd</sup> & 4<sup>th</sup> Grades**

✓ **Breakfast Resources ---  
FREE Milk Transporters & Parent Brochures**

✓ **Visit [www.dairyspot.com](http://www.dairyspot.com) ---**

Information available on school nutrition and the dairy  
council's nutrition education catalog. Receive \$8.00 of  
Free materials with your first order!



## Quick Steps to Fruits & Vegetables Galore & Dairy Too

### School Data Form

*Numbers Should be Reported by Individual School; Not by District*

PLEASE PRINT OR TYPE ALL INFORMATION REQUESTED

**Fax To: 609-984-0878    Attn: Janet Renk**

School District:	County:		
District Food Service Director:	District Director's Phone #: (    )		
School Food Service Fax #: (    )	School Food Service E-Mail:		
Name of School:	School Grade Levels:		
Address:			
Food Service Manager/Lead Person:	Manager's/Lead's Phone #: (    )		
Meals Offered: <input type="checkbox"/> School Breakfast <input type="checkbox"/> Natl. School Lunch <input type="checkbox"/> After School Snack Program			
School's ADA ( <i>Average Daily Attendance</i> ) from October 2005 Voucher: _____			
From October 2005 Reimbursement Voucher, Meal Applications on File: _____ Free      _____ Reduced			
Indicate Week You are Reporting Information: ( <i>Check one</i> ) <input type="checkbox"/> Oct. 3-7 <input type="checkbox"/> Oct. 10-14 <input type="checkbox"/> Oct. 17-21 <input type="checkbox"/> Oct. 24-28			
Number of Servings of Fruit Used for Week You are Reporting Information: ( <i>Report information from your food production records, "# of portions used" column. Include all fruit used for reimbursable lunch meals and a la carte.</i> ) _____ <b># of servings of fruit for entire week</b>			
Number of Servings of Vegetables Used During Reporting Week: ( <i>Report information from your food production records, "# of portions used" column. Include all vegetables used for reimbursable lunch meals and a la carte.</i> ) _____ <b># of servings of vegetables for entire week</b>			
Number of ½ pints of Milk Used for Week You are Reporting Information: ( <i>Report information from your milk order sheets. Include all milk used for reimbursable meals both breakfast and lunch, a la carte and vending</i> ) <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;">           _____ <b># of ½ pints low fat white (1% &amp; 2%)</b>            _____ <b># of ½ pints whole white</b>            _____ <b># of ½ pints low fat strawberry</b>            _____ <b># of other milk</b> </td> <td style="width: 50%; border: none;">           _____ <b># of ½ pints skim</b>            _____ <b># of ½ pints low fat choc.</b>            _____ <b>Variety:</b> _____            _____ <b>Variety:</b> _____            _____ <b>Variety:</b> _____         </td> </tr> </table>		_____ <b># of ½ pints low fat white (1% &amp; 2%)</b> _____ <b># of ½ pints whole white</b> _____ <b># of ½ pints low fat strawberry</b> _____ <b># of other milk</b>	_____ <b># of ½ pints skim</b> _____ <b># of ½ pints low fat choc.</b> _____ <b>Variety:</b> _____ _____ <b>Variety:</b> _____ _____ <b>Variety:</b> _____
_____ <b># of ½ pints low fat white (1% &amp; 2%)</b> _____ <b># of ½ pints whole white</b> _____ <b># of ½ pints low fat strawberry</b> _____ <b># of other milk</b>	_____ <b># of ½ pints skim</b> _____ <b># of ½ pints low fat choc.</b> _____ <b>Variety:</b> _____ _____ <b>Variety:</b> _____ _____ <b>Variety:</b> _____		

**NJ School Wellness**  
**★STAR CHALLENGE★**  
**“Food Service Making a Difference”**

**School Name:** \_\_\_\_\_

**Manager Name:** \_\_\_\_\_

**Phone #:** (\_\_\_\_) \_\_\_\_\_ **Fax:** (\_\_\_\_) \_\_\_\_\_

**E-Mail:** \_\_\_\_\_

**Produce Supplier:** \_\_\_\_\_

**Goal for Completion: MAY 31, 2006**

**GOAL 1:**

I pledge to feature a “Fruit & Vegetable of the Month” beginning \_\_\_\_\_. Following my five month completion, I will submit copies of my menus highlighting the fruits and vegetables that were featured and any other supporting information such as promotions, classroom handouts, marketing strategies...

**GOAL 2:**

Increase fruit consumption, showing that more fruit is being consumed in comparison to data reported for October 2005. Complete a data form for a week in May 2006.

**GOAL 3:**

Increase vegetable consumption, showing that more vegetables are being consumed in comparison to data reported for October 2005. Complete a data form for a week in May 2006.

**GOAL 4:**

Increase milk consumption, showing that more milk is being consumed in comparison to data reported for October 2005. Complete a data form for a week in May 2006.

I will complete “School Data Form” and a follow-up survey to verify my achievements.

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**NJ School Wellness**  
**★STAR CHALLENGE★**  
**“Food Service Making a Difference”**

**School Name:** \_\_\_\_\_

**Manager Name:** \_\_\_\_\_

**Phone #:** (\_\_\_\_) \_\_\_\_\_ **Fax:** (\_\_\_\_) \_\_\_\_\_

**E-Mail:** \_\_\_\_\_

**Produce Supplier:** \_\_\_\_\_

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I pledge to feature a “Fruit & Vegetable of the Month” beginning \_\_\_\_\_. Following my five month completion, I will submit copies of my menus highlighting the fruits and vegetables that were featured and any other supporting information such as promotions, classroom handouts, marketing strategies...

**GOAL 2:**

Increase fruit consumption, showing that more fruit is being consumed in comparison to data reported for October 2005. Complete a data form for a week in May 2006.

**GOAL 3:**

Increase vegetable consumption, showing that more vegetables are being consumed in comparison to data reported for October 2005. Complete a data form for a week in May 2006.

**GOAL 4:**

Increase milk consumption, showing that more milk is being consumed in comparison to data reported for October 2005. Complete a data form for a week in May 2006.

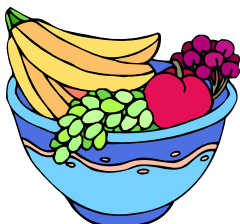
I will complete “School Data Form” and a follow-up survey to verify my achievements.

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

# FRUITS & VEGETABLES

*of the*



**Month**



<b><i>MONTH</i></b>	<b><i>FRUIT</i></b>	<b><i>VEGETABLE</i></b>
<b>September:</b>	Cantaloupe	Red Bell Pepper
<b>October:</b>	Apples	Yellow Squash
<b>November:</b>	Pineapple	Carrots
<b>December:</b>	Clementines	Broccoli
<b>January:</b>	Dried Cranberries <i>(Highlight "Dried" &amp; Promote All Cranberries Served in a Variety of Ways; E.g. Sauce, Breads, Cookies...)</i>	Cauliflower
<b>February:</b>	Pink/Red Grapefruit	Sweet Potatoes
<b>March:</b>	Kiwi	Chickpeas
<b>April:</b>	Apricots	Sugar Snap Peas
<b>May:</b>	Bananas	Spinach
<b>June:</b>	Blueberries	Cucumbers

## Fruit & Vegetable of the Month Promos

<b><u>MONTH/ DATES:</u></b> <i>(Remember Holidays!)</i>	<b><u>FRUIT/ VEG:</u></b>	<b><u>MENU:</u></b> <i>(Recipes, Frt. &amp; Veg. Bar, Topping Bar,...)</i>	<b><u>ADVERTISING:</u></b> <i>(Printed: Fliers, Menu, Newspaper, Newsletter...)</i>	<b><u>ADVERTISING:</u></b> <i>(Groups: Students- Teachers -Caf. Staff Mtngs., Parents...)</i>	<b><u>MERCHANDISING:</u></b> <i>(Decorations, Staff Attire, ... )</i>	<b><u>CONTESTS:</u></b> <i>(Guess # of Swt. Pot. In Pile, Trivia,...)</i>	<b><u>PRIZES/ INCENTIVES:</u></b> <i>(Water Bottles, Stickers, T-Shirts, Seedies,...)</i>



# **Cantaloupe**

## **Fact Sheet**



### **Where did they come from?**

Cantaloupe is a variety of fruit from the melon family. It originated in the Middle East and eventually spread across Europe. Cantaloupe was named after Cantalupo, Italy, the city where cantaloupe was originally cultivated from Armenia melon seeds in the 1700's. Christopher Columbus transported melon seeds to the United States, which were later cultivated by Spanish explorers in California. Cantaloupe, which is actually called a muskmelon, is the most common melon within the United States.

### **Where do they grow?**

The majority of cantaloupe produced in the United States is grown in California, Arizona, New Mexico and Texas. Imported cantaloupe comes from Mexico and Central America including Costa Rica, Guatemala and Honduras. Cantaloupe is available year-round but their peak season is June through August.

### **How do they grow?**

Cantaloupes are round with a golden tightly netted skin. The inside or flesh is a pinkish orange to bright orange. This melon grows best in sandy, aerated and well-watered soil, which is free of weeds. Cantaloupe plants are produced by planting melon seeds. The melons grow on vines along the soil.

### **Are they healthy?**

- 👉 Good source of potassium, vitamin A and C
- 👉 Contain a high water content
- 👉 Low in calories and cholesterol and also fat free

### **How do you pick a good one?**

- 👉 Choose one which is round, firm and slightly golden
- 👉 Select cantaloupe with a sweet smell
- 👉 Avoid those with cracks, soft spots or dark bruises

# ☺ FUN FACTS! ☺

## Cantaloupe

### Did you know...

- ☺ Did you know that melons are in the same gourd family as squashes and cucumbers?
- ☺ Did you know cantaloupe is a juicy, sweet alternative for dessert?
- ☺ Did you know that cantaloupe is the most popular melon in the United States?
- ☺ Did you know that a squirt of lemon or lime juice will enhance or perk up the flavor of a slice of cantaloupe?
- ☺ Did you know that there are six common sizes of cantaloupe?  
(The sizes are 9, 12, 15, 18, 23 and 30. They are grouped into specific sizes based on their weight and the number that can fit into a 40-pound case or cardboard shipping box. A size 12 means that there are 12 cantaloupe of similar weight, approximately 3¼ lbs., in a 40-pound box. The smaller the number, the larger the cantaloupe.)
- ☺ Did you know by leaving uncut cantaloupe at room temperature for two to four days the fruit will become softer and juicier?

**Remember ...**

**Include 5 - 9 servings of fruits and vegetables per day!**



## School Food Service Link.....

Quick Steps to 5 - 9 servings of fruits and vegetables per day at school...

Listed below are suggestions that you may choose at your own discretion

### RECIPES:

- ✓ Try a new recipe with cantaloupe ---  
Cantaloupe Salsa (see attached)  
Southwestern Cantaloupe Salad; Offer on a salad bar or as a side with a prepackaged salad (see attached)
- ✓ Add as a garnish to your prepackaged fresh green or spinach salads
- ✓ Offer as a fruit choice for breakfast or lunch  
(1/8 of a 15 count cantaloupe = ½ cup fruit)
- ✓ Mix with canned fruits for an interesting fruit salad
- ✓ Dice to make fruit salsa
- ✓ Add to chicken or turkey salad
- ✓ Offer on a fruit tray for special functions, events or catering

#### **Presentation** **Meal Appeal -----**

Add a Slice or Wedge of Cantaloupe to Tossed Salads for Color, a Sweet Taste and Eye Appeal!

### MARKETING:

- ✓ Hang up posters from your "Fruits & Vegetables Galore" Kit  
*Enjoy Fruits & Vegetables! (Poster has a picture of cantaloupe on it; It is from the American Cancer Society; Contact them for more posters or other resources; Phone: 1-800-ACS-2345 [www.cancer.org](http://www.cancer.org) )*
- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9

#### **Quality:**

Refrigerate Cut Melons in a Covered Container. Melons are Aromatic and their Smell can Penetrate Other Foods!

### PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day;  
Give this menu a special name (*Example: Crazy for Cantaloupe!*)
- ✓ Feature as a special 5-A-Day promo since September is "National 5-A-Day Month"
- ✓ Conduct a "Melon Trivia Contest"! Display different varieties of melons and let students try to guess the name of each melon. Students that turn in a form with all the correct answers win a prize! (*Prize Example: Melon/Casaba to take home*)
- ✓ Feature "Orange Day" on the day that you offer cantaloupe on your menu
  - ✓ Encourage the entire school to get involved
  - ✓ Reward students with a small prize if they are wearing orange
- ✓ Turn your salad bar into a self-serve fruit and vegetable bar once/week or month
  - ✓ Select produce in season
  - ✓ Utilize commodity frozen and canned fruits and vegetables and dried fruits
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) pages 16-31

#### **Safety:**

Wash the Outside of Cantaloupes with a Firm Brush!





## **School Food Service Link.....**



## **School Food Service Recipes**



### **Cantaloupe Salsa**

Makes 24 each ½ cup Servings

**Source:** Produce for Better Health/Del Monte Fresh Produce Company

3 each Cantaloupe  
4 ½ cups Red Bell Pepper, Finely Chopped  
1 ½ cups Cilantro or Parsley, Finely Chopped  
1 cup Scallions, Finely Chopped  
Juice of 6 Limes  
Pinch of Salt & Hot Pepper Flakes

**Directions:**

Remove seeds and rind from cantaloupe. Chop cantaloupe into very small diced pieces. Put in a bowl. Add diced red pepper, cilantro, scallions and lime juice. Stir. Add pinch of salt and pepper flakes. Chill. Serve with chicken, hamburgers, chicken sandwiches, wraps, salads...

**Nutritional Analysis Per Serving:** Calories 21, Protein 1g, Fat 1g, Cholesterol 0mg, Carbohydrates 5g, Fiber 2g, Sodium 62mg

### **Southwestern Cantaloupe Salad**

Makes 24 each ½ cup Servings

**Source:** Produce for Better Health/Del Monte Fresh Produce Company

24 oz. Cantaloupe, Thinly Sliced  
24 oz. Jicama, Peeled and Thinly Sliced  
18 oz. Red Bell Pepper, Roasted, Sliced  
18 oz. Yellow Bell Pepper, Roasted, Sliced  
1/3 cup Fresh Basil, Chopped or 2 Tablespoons of Dried Basil  
¾ cup No Fat Italian Dressing

**Directions:**

Combine cantaloupe, jicama, peppers, and basil. Add salad dressing. Mix well.

**Nutritional Analysis Per Serving:** Calories 42, Protein 1g, Fat 0g, Cholesterol 0mg, Carbohydrates 8g, Fiber 3g, Sodium 154mg



**RED**

## **BELL PEPPERS**

### **Fact Sheet**

#### **Where did they come from?**

In 1492, Columbus and his explorers discovered sweet and hot peppers in the West Indies. He took samples back to Europe. Peppers quickly became popular in Europe as a food, spice and condiment. Twenty years later in 1512, travelers found bell pepper varieties growing throughout the West Indies, Central America, Mexico, Peru and Chili. Peppers were named by Christopher Columbus and Spanish explorers who were searching for peppercorn plants that produce black pepper.

#### **Where do they grow?**

California and Florida produce most of the sweet bell peppers for the United States. Other states that grow them are Texas, New Jersey and North Carolina. They are also produced in Mexico, Dominican Republic, Belgium and the Netherlands. They are available year round, but are more plentiful and less expensive in the summer.

#### **How do they grow?**

Pepper plants begin from seeds. The seeds grow into a plant about 3 to 4 feet high. Peppers are actually the fruit, which form on the plants after it flowers. If green bell peppers are left on the plant long enough, they will mature and turn from green to red. The sugar content increases as a pepper matures. The red pepper therefore, tends to be sweeter than the green. Sweet bell peppers can be found in a rainbow of colors such as orange, yellow, purple and brown.

#### **Are they healthy?**



Great source of vitamin C



Contain three times as much vitamin C as the green pepper

#### **How do you pick a good one?**



Firm skin; No wrinkles



Fresh, green stem



Shiny, bright color



Heavy for their size

# ☺ FUN FACTS! ☺

## RED BELL PEPPERS

**Did you know...**

- ☺ Did you know a red bell pepper tastes sweet?
- ☺ Did you know that a sweet red pepper is simply a mature green bell pepper?
- ☺ Did you know that sweet bell peppers come in a rainbow of colors? They come in green, red, yellow, purple and even brown.
- ☺ Did you know that by weight, a sweet red bell pepper contains three times as much vitamin C as a citrus fruit such as an orange?  
(One serving, about 5 strips, provides 100 percent of your daily requirement of vitamin C!)
- ☺ Did you know that peppers can get a suntan?  
A suntanned pepper is a green pepper with red spots.

**Remember ...**

**Include 5 - 9 servings of fruits and vegetables per day!**



## **School Food Service Link.....**

**Quick Steps to 5 - 9 servings of fruits and vegetables per day at school...**

*Listed below are suggestions that you may choose at your own discretion*

### **DOD (Department of Defense) Special:**

- ✓ Red Pepper Strips available from DOD at special price!
- ✓ Call: Leslie Bowen at 1-800-795-3523 or 215-462-2457

### **RECIPES:**

- ✓ Try a new recipe with red peppers ---  
Fresh Tomato Pizza Salad (attached)  
Mexicali Corn USDA #I-12 (substitute red peppers for pimento)  
Marinated Black Bean Salad USDA # E-21
- ✓ Offer pizza with toppings of red and green peppers
- ✓ Offer raw carrots, celery and red pepper strips with low fat dip
- ✓ Add cooked red and green peppers to hot sandwiches  
(Examples: Cheesesteak Sandwich with Peppers, Sausage & Pepper Sub)
- ✓ Add red and green diced peppers to potatoes wedges for breakfast or lunch

**Presentation**  
**Meal Appeal ----- Contrast Colors**  
Add Red Peppers to:  
Corn, Pasta Salads, Potato Salad  
& Tossed Salads

### **MARKETING:**

- ✓ Hang up posters from your "Fruits & Vegetables Galore" Kit  
*Sense-ational Food; Eat Your Colors Every Day/Tuba Player;  
Eat Your Colors Today; Enjoy Fruits & Vegetables!*
- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9

**Quality:**  
Choose Firm,  
Bright Colored,  
Heavy Peppers

### **PROMOTIONS:**

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day  
Give this menu a special name (*Example: Power Up with Peppers!*)
- ✓ Feature "Red Day" on the day that you offer red peppers on your menu
  - ✓ Encourage the entire school to get involved
  - ✓ Reward students with a small prize if they are wearing red
- ✓ Turn your salad bar into a self-serve fruit and vegetable bar once/week or once/month
  - ✓ Select produce in season
  - ✓ Utilize commodity frozen and canned fruits and vegetables and dried fruits
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) pages 16-31

**Safety:**  
Wash Produce  
Before Use!



**School Food Service Link.....**



**School Food Service**



## **FRESH TOMATO PIZZA SALAD**

Yield: 100 each 1 cup portions

1 serving = 1 ounce protein &  $\frac{3}{4}$  cup vegetable

### **Ingredients:**

Tomatoes, Fresh	17 pounds
Iceberg Lettuce, Chunked	13 pounds
Green & Red Bell Peppers, Diced	6 $\frac{1}{2}$ pounds
Mozzarella Cheese, Shredded	5 pounds
Pepperoni, Sliced	2 $\frac{1}{2}$ pounds
Ripe Olives	1 pound
Italian Dressing (Low Fat), Prepared	5 $\frac{1}{2}$ cups
Croutons, Garlic, Seasoned or Cheese	3 $\frac{1}{4}$ pounds

### **Directions:**

1-Use ripe tomatoes held at room temperature. Core tomatoes; Cut into one-inch chunks.

2-Place tomatoes in large bowl with lettuce, peppers, cheese, pepperoni & olives.

3-Immediately before serving, toss salad with dressing.

4-Toss croutons with salad or top individual salad cups or offer "help yourself" style croutons.



# **Apples**

## **Fact Sheet**



### **Where did they come from?**

Apples have been grown for over 5,000 years. Apples can be traced back to the Romans and Egyptians who introduced this fruit to the British. Early Americans brought seeds from Europe and planted the first apple trees in Massachusetts and Virginia. Johnny Chapman, more commonly known as “Johnny Appleseed”, planted apple seeds wherever he traveled in the United States. Currently, at least 50% of apples grown in the United States are fresh, while the other 50% are used for juices, applesauce, jellies or dehydrated apple products. Today, Americans eat over 120 fresh apples each, per year!

### **Where do they grow?**

Apples are grown throughout the United States, but Washington State produces the most apples each year. This state produces more than half of the fresh apples grown in the country. They sell their apples to all 50 states and over 40 countries. Other states, which are top producers of apples, include New York, New Jersey, California, Michigan, Pennsylvania and Virginia. New Jersey’s leading counties that produce apples are Gloucester, Camden, Cumberland and Warren. Imported apples are grown in Canada and New Zealand. Most apple varieties are available all year round, but some varieties are only available a few months of the year.

### **How do they grow?**

Commercial apples are not grown from seeds but through grafting or budding to produce trees that will bear fruit. Apple trees require fertile soil, adequate amounts of water, and grow best where the climate is hot during the day and cool at night. Once the apple tree is planted, it takes about 2-3 years for the tree to produce fruit. The apple tree will grow buds or short shoots which bloom into apple blossoms and form the fruit. When the fruit is mature and ripe, the apples are hand picked.

### **Are they healthy?**

- 👉 Good source of fiber, potassium and vitamin C
- 👉 Contains no fat, cholesterol or sodium

### **How do you pick a good one?**

- 👉 Choose apples that are firm
- 👉 The skin should be shiny, not dull
- 👉 Avoid those with soft spots, bruises, punctures or discoloration

# ☺ FUN FACTS! ☺

## Apples

### Did you know...

☺ Did you know one apple has 5 grams of fiber, which provides 20% of the daily fiber recommendation?

☺ Did you know that apples are in the rose family?

☺ Did you know that each year, one apple tree can fill 20 each, 42 pound cases, of apples?

☺ Did you know there are many different varieties of apples?  
(Braeburn, Golden & Red Delicious, Fuji, Gala, Jonagold, Rome Beauty, Granny Smith, Winesap, McIntosh, Pink Lady, Cameo, York, Ginger Gold, Jonathan...)

☺ Did you know apples float because 25% of their volume is air?

☺ Did you know there are over 7,000 varieties of apples grown throughout the world?

☺ Did you know New Jersey's first apple seed was planted in 1639?

☺ Did you know apples can be red, green or even yellow in color?

☺ Did you know Granny Smith apples are bright green and are delicious, either cooked or eaten raw?

(If you like tart, crispy foods than this apple is for you!)

☺ Did you know that you can reduce the fat and calories in baked goods by substituting applesauce for shortening or oil?

(Substitute the same amount of applesauce for the shortening or oil; for example, use a ½ cup applesauce instead of a ½ cup of oil. Try replacing only half the amount of shortening or oil in the recipe first, to see how it turns out!)

☺ Did you know you can prevent cut, fresh apples from turning brown by dipping them in a solution of lemon, orange or pineapple juice and water?

(Use 1 part juice to 3 parts water as a dipping mixture.)

**Remember ... Include 5 - 9 servings of fruits and vegetables per day!**



## School Food Service Link.....

Quick Steps to 5 - 9 servings of fruits and vegetables per day at school...

Listed below are suggestions that you may choose at your own discretion

### DOD (Department of Defense) Special:

- ✓ Call Leslie Bowen to place orders: 1-800-795-3523
- ✓ Mini bags of apples available for approximately .23 cents each!

### RECIPES:

- ✓ Try a new recipe with apples --- Apple-Honey Cobbler (USDA C-1a)  
Waldorf Fruit Salad (USDA E-12) Applesauce Cake (USDA C-3)  
Baked Sweet Potatoes and Apples (USDA I-7)  
Apple Dips (see attached)
- ✓ Mix chopped apples in oatmeal for breakfast
- ✓ Serve "Fruit on a Raft"; Sweetened chopped apples on a waffle
- ✓ Mix a small amount of cherries or cherry/strawberry gelatin into applesauce for a rosy colorful treat
- ✓ Add diced apples to chicken, turkey or tuna salad
- ✓ Offer mini bags of apples as a healthy a la carte snack! Offer at a discount in October!
- ✓ Place peanut butter and granola in a soufflé cup ;  
Add apple wedges for an apple dipping treat for breakfast, lunch or After School Snack

#### **Presentation** **Meal Appeal -----**

Display Apples in Baskets and  
Crates for a Festive Fall  
Atmosphere!

### MARKETING:

- ✓ Contact the Washington State Apple Commission for ideas and resources:  
Phone: 509-663-9600 [www.bestapples.com](http://www.bestapples.com)
- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Decorate with crates and baskets of apples for a festive fall atmosphere
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9

#### **Quality:**

Store Apples in  
Original Box with Lid;  
Keep Apples Away From  
Other Fruits as They  
Produce Ethylene!

### PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day;  
Give this menu a special name! (*Example: Awesome Apples!*)
- ✓ Feature a "Dipper/Topping Day or Bar" each week in October! Offer a  
different dip or a variety of dips each time you feature this special.  
Let students go to a dipping/topping bar or place a choice of dips on  
serving line for students to add their own excitement and creativity to this healthy  
fresh fruit. Offer toppings too! (*Examples: granola, raisins, nuts...*) (*See dip recipes attached.*)
- ✓ Feature a different variety of apples each week for your customers to choose as a fruit component  
with their lunch. (*Examples: Red delicious, Golden Delicious, Granny Smith...*)
- ✓ Feature an apple special during National School Lunch Week!
- ✓ Conduct an "Apple Trivia Contest"! (Use trivia from "Fun Facts" or Washington Apple Commission.)

#### **Safety:**

Wash Apples  
Before Placing on  
Serving Lines!





## **School Food Service Link.....**



## **School Food Service Recipes**



### **Gran-Apples**

**Serving Size :** 2 or 4 quartered apples per serving

**(Quantity)Yield :** 50 ¼ cup fruit servings or

25 ½ cup fruit servings

**Recipe Source:** Washington Apple Commission

#### **Ingredients:**

25 each Apples, fresh w/ skin

2 lbs + 10 oz Peanut butter, smooth

1 1/2 cups+ 1 Tbsp Honey

1 lb + 1 oz Cereals, Granola, lowfat

#### **Instructions:**

1- Cut apples into quarters.

2- Blend peanut butter and honey until smooth.

3-Spread peanut butter-honey mixture onto cut sides of apples.

4- Roll apples in granola.

Nutrients Per Serving: calories 241, protein 6.7 g, carbohydrates 30.1 g, fat 12.4 g, saturated fat 2.5 g, cholesterol 0 mg, Vit A 3 RE, Vit C 4 mg, iron 84 mg, calcium 18 mg, sodium 121 mg, fiber 3.8 g

HACCP Tips: Wash hands and clean all food preparation surfaces.

Produce (Fruits and Vegetables) Wash thoroughly before use.

### **Apples & Dips**

Core apples; Cut into wedges; Drop into pineapple or citrus juice and water to prevent browning; Drain apples well before serving

*(Remember to save pineapple juice when opening cans of this fruit.)*

#### **PB & OJ Dip**

**Yield: 100 each 2 oz. servings of dip**

##### **Ingredients:**

7 lbs. Peanut Butter

2 qts. 8 oz. Orange Juice

##### **Directions:**

1- Cream pb & oj until well blended & smooth.

2- Portion 2 ounces of dip into soufflé cups.

#### **Pineapple-Cream Cheese Dip**

**Yield: 100 each 2 oz. servings of dip**

##### **Ingredients:**

6 lbs. 4 oz. Low Fat Cream Cheese

1 each #10 can Crushed Pineapple, Drained

##### **Directions:**

1- Cream together cream cheese and crushed pineapple until well blended

2- Portion 2 ounces of dip into soufflé cups.

### **Try the Following for Apple Dips:**

-Low-Fat Vanilla Yogurt Mixed with Crushed Pineapples

-Caramel

-Chocolate Sauce

-Nacho or Plain Cheese Sauce

-Strawberry Glaze



# Yellow Summer Squash



## Fact Sheet

### **Where did they come from?**

For more than 5000 years, squash has been a staple for the Native Americans and was a mainstay for early European settlers in America. During the nineteenth century, merchant seamen brought new varieties of squash from other parts of the world to America. New England colonists gave this vegetable its name from several Native American words, of which all meant “something eaten raw”. Today squash is available in numerous shapes, sizes and colors, such as white, yellow, orange, green-brown, gray and even striped!




### **Where do they grow?**

Squash is grown in many states including North Carolina, Kentucky, California, Florida and New Jersey. Florida is the leading state for squash production in the country and New Jersey is nationally ranked the 4<sup>th</sup>. Seventy percent (70%) of squash is grown in southern counties such as Gloucester, Cumberland, Salem and Atlantic. Other New Jersey counties that grow squash include Burlington, Monmouth, Hunterdon, Morris, Sussex and Warren Counties. Squash is available all year round.





### **How do they grow?**

Yellow summer squash seeds are planted in rows, which are spaced 5 to 6 feet apart. The plant is low to the ground with large leaves. The squash actually grows from the plant's flower. Farmers will place honeybee hives on the squash field edges to promote pollination and help the squash plants to grow. The summer squash is hand harvested in the field and brought into packing barns where it is washed and cleaned of all dirt. Summer squash is handled carefully when grown because they can easily become scratched or bruised.

### **Are they healthy?**

-  Contains high amounts of vitamins A and C
-  Naturally fat, cholesterol and sodium free
-  Skin is packed with nutrients --- Do not peel!

### **How do you pick a good one?**

-  Firm and fairly heavy for their size
-  Bright, glossy exterior
-  Small to medium size; Approximately 7 inches long
-  Avoid squash with nicks, scratches or soft spots on their skin

# ☺ FUN FACTS! ☺

## Yellow Summer Squash

### Did you know...

- ☺ Did you know squash is one of the most important vegetable crops in New Jersey?
- ☺ Did you know that summer squash has a soft edible shell or skin and winter squash has a hard shell or skin?
- ☺ Did you know that squash comes in two different varieties --- summer and winter?
- ☺ Did you know that yellow squash is available with a crooked neck and with a straight neck? Their names --- “Yellow Crookneck” and “Yellow Straightneck”.
- ☺ Did you know the skin and rind of summer squash are rich in beta-carotene but the fleshy portion is not? Eat the entire squash for a healthy diet.
- ☺ Did you know there is a squash that can be prepared like spaghetti, taste like spaghetti and actually is called “Spaghetti Squash”?
- ☺ Did you know there is a squash that has the name of an animal, “Chayote” (pronounce like coyote)?
- ☺ Did you know that different varieties of squash can be interchanged in recipes because they have similar texture and flavor?
- ☺ Did you know that pumpkins are a variety of winter squash?
- ☺ Did you know there is a squash that looks like a flying saucer? It is white and called “Pattypan”.
- ☺ Did you know there is a squash that looks like a large acorn? It is green and is called an “Acorn Squash”.

**Remember ... Include 5 - 9 servings of fruits and vegetables per day!**



## School Food Service Link.....

Quick Steps to 5 - 9 servings of fruits and vegetables per day at school...

Listed below are suggestions that you may choose at your own discretion

### DOD (Department of Defense) Special:

- ✓ Yellow Squash slices available at a special price!
- ✓ Call: Leslie Bowen at 1-800-795-3523 or 215-462-2457

### RECIPES:

- ✓ Try a new recipe with yellow squash ---
  - Ranch Veggies (attached)
  - Italian Salad with Balsamic Vinaigrette Dressing (attached)
  - Zucchini and Yellow Squash Ratatouille (attached)
  - Vegetable Lasagna USDA #D-50 (substitute yellow squash for half the amount specified for zucchini)
- ✓ Offer a squash combo; yellow and green with seasonings (add red peppers for color)
- ✓ Offer raw yellow squash and zucchini strips or circles with low fat dip
- ✓ Serve cold slices on salad bar, with pre-made salads or as a side vegetable
- ✓ Offer sautéed squash as a vegetable topping for pizza
- ✓ Fill a soft tortilla or 7" pizza dough with cooked or roasted squash, peppers and tomatoes ---  
Create a Vegetable Calzone or Wrap (add mozzarella cheese for the meat/meat alternate)

### MARKETING:

- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9

### PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day; Give this menu a special name (*Example: Soar with Squash!*)
- ✓ "Guess the Squash Name" --- Display different squash varieties; Have students guess the correct name; Pick a winner during each lunch; Award students a prize.
- ✓ Feature "Yellow Day" on the day that you offer yellow squash on your menu
  - ✓ Encourage the entire school to get involved
  - ✓ Reward students with a small prize if they are wearing yellow
- ✓ Turn your salad bar into a self-serve fruit and vegetable bar once/week or once/month
  - ✓ Select produce in season
  - ✓ Utilize commodity frozen and canned fruits and vegetables and dried fruits
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) pages 16-31

#### Presentation

**Meal Appeal ----- Color**  
Proper Cooking Ensures  
Bright, Crisp Colors!  
Batch Cook Vegetables  
Cook Before Each Lunch!

#### Quality:

Choose  
Firm, Medium Size,  
Smooth Skinned  
Yellow or Green  
Squash!

#### Safety:

Be Sure  
Delivery Trucks  
are Clean!



## School Food Service Link.....



## School Food Service Recipes



# ZUCCHINI & YELLOW SQUASH RATATOUILLE

R E C I P E

Yield: 200 each 4 oz. servings

Recipe from: FLAV-R-PAC

MEASURE	INGREDIENTS
11 lbs.	Eggplant, cut into 1" squares
2 ¾ cups	Olive oil
5 ½ lbs.	Yellow onion, sliced
¾ cup	Minced garlic
11 lbs.	FLAV-R-PAC Sliced Zucchini, frozen
11 lbs.	FLAV-R-PAC Sliced Yellow Squash, frozen
5 ½ lbs.	Tomatoes, quartered, seeded
4 lbs.	Red pepper, cut into chunks
½ cup	Italian seasonings
7 lbs.	Mozzarella cheese, shredded

### DIRECTIONS:

1. To prepare eggplant: place in colander; sprinkle with salt and let drain for 30 minutes; rinse.
2. In a large stock pot; heat oil with onions, garlic and eggplant; sauté 10 to 15 minutes until cooked.
3. Add zucchini and yellow squash; cook 8 to 10 minutes until heated through and all the water is evaporated.
4. Add tomatoes, peppers and seasonings. Distribute ratatouille in steam table pans and sprinkle with cheese. Bake at 400°F uncovered for 20 minutes.

### NUTRITION ANALYSIS PER SERVING:

Calories	185	Total Fat	11 g
Protein	10 g	Cholesterol	18 mg
Carbohydrates	10 g	Sodium	170 mg
Dietary Fiber	2 g	Cal. from Fat	55%

### **RANCH VEGGIES** Yield: Approx. 28 Servings (½ cup each)

- ✓ Combine 1 packet dry ranch dressing (½ cup) & ½ cup vegetable oil
- ✓ Toss with 8 pounds of frozen or fresh yellow squash, zucchini & red peppers\*
- ✓ Bake at 350° (convection oven) for approx. 25 minutes; Stir while baking to blend flavors

*\*Note: Any vegetable combination can be substituted*

### **ITALIAN SALAD with Balsamic Vinaigrette**

Yield: Approx. 24 Servings (½ cup each)

1 doz. Tomatoes, Diced

3 ea. Zucchini, Sliced Thin

6 ea. Yellow Squash, Sliced Thin

Combine vegetables with ¾ cups lite or low fat balsamic vinaigrette dressing; Refrigerate.

Add basil for extra flavor



# **Pineapples**

## **Fact Sheet**



### **Where did they come from?**

Pineapple, a tropical fruit with a sweet flavor and juicy flesh, is native to Central and South America. In 1493, Christopher Columbus discovered pineapples growing on the island of Guadeloupe and brought them back to Queen Isabella of Spain. During the 17<sup>th</sup> century, pineapples became a very popular fruit throughout Europe and were grown in greenhouses. In the 18<sup>th</sup> century pineapples were taken to the Hawaiian Islands.

### **Where do they grow?**

Pineapple is grown in many tropical regions around the world but Hawaii is one of the top major producers of this fruit. Some fresh pineapples are imported from Costa Rica, Honduras, Mexico, Dominican Republic, El Salvador, Ecuador and Nicaragua and many of our canned pineapples are imported from the Far East. Pineapple is available year round with peak season ranging from March through July.

### **How do they grow?**

Pineapples are grown from the crowns or tops of other pineapples. It takes a long time to grow a pineapple! The flowering process of a pineapple does not begin until the plant is one year old. After one year, the flower bud, which is small, pink and looks like a pinecone begins to grow until it becomes the pineapple fruit. It takes about 6 months for the plant to produce the fruit. The starch content of the pineapple is stored in the stem of the plant. Just before the fruit ripens, the starch converts to sugar and enters the fruit. Pineapples are harvested when ripe and, therefore ready to eat once they reach the supermarkets. To ensure they are picked at their peak, for ripeness and flavor, the sugar content is tested in the field. After they are picked, pineapples are shipped quickly, arriving to markets within 2 to 3 days.

### **Are they healthy?**

- ✎ Excellent source of vitamin C
- ✎ Contains bromelain, an enzyme helping the body's digestive system

### **How do you pick a good one?**

- ✎ Choose fresh looking ones with deep green leaves that are heavy for their size
- ✎ Use your nose! A sweet aroma is the best way to pick a good pineapple!
- ✎ Ones with a label or tag indicating it was jet-shipped from Hawaii
- ✎ Avoid those that look old or dry, contain bruises, soft spots or brown leaves

👉 Avoid those with sour or fermented odors

# 😊 FUN FACTS! 😊

## Pineapples

### Did you know...

- 😊 Did you know one serving, a ½ cup, of fresh pineapple contains only 60 calories and 25% of your daily recommended vitamin C?
- 😊 Did you know the name pineapple was derived from the word “pina” because Spanish explorers thought the fruit looked like a pinecone? (The English added the word “apple” to associate it with juicy luscious fruits.)
- 😊 Did you know “halakahiki” is pineapple in Hawaiian?
- 😊 Did you know Hawaii was the first to can pineapple?
- 😊 Did you know the Caribbean Indians placed pineapples or pineapple crowns outside the entrances of their homes to symbolize friendship and hospitality?
- 😊 Did you know just 2 slices (½ cup) of pineapple counts as one serving of your 5 a day?
- 😊 Did you know pineapple can be enjoyed in many ways?  
(Eat fresh, canned or dried pineapple and drink pineapple juice.)
- 😊 Did you know there are four types of pineapples?  
(Gold, Smooth Cayenne, Red Spanish and Sugar Loaf; Gold is the newest variety with an extra sweet flavor, golden color and higher vitamin C content.)
- 😊 Did you know the average pineapple weighs 2 – 5 pounds?
- 😊 Did you know a good way to distribute a pineapple’s sugar content, throughout the fruit, is to stand it upside down for a few days? (This allows the sugar to flow towards the top.)

**Remember ...Include 5 - 9 servings of fruits and vegetables per day!**





## School Food Service Link.....

Quick Steps to 5 - 9 servings of fruits and vegetables per day at school...

Listed below are suggestions that you may choose at your own discretion

### DOD (Department of Defense) Special:

- ✓ Pineapple Push-Ups from DOD approximately \$.45 -.50 cents each
- ✓ Call Leslie Bowen to place orders: 1-800-795-3523
- ✓ An assortment of fresh and pre-cut fresh produce is available from DOD at economical prices

#### **Presentation Meal Appeal -----**

A Simple Smile Makes  
All Meals Taste Better!  
Remember Kids are Your  
Customers!

### RECIPES:

- ✓ Try a new recipe with pineapple ---  
Ambrosia (see attached) Pineapple Bread (see attached)  
Pineapple-Orange Dipping Sauce: Offer with chicken nuggets! (see attached)  
Orange-Pineapple Gelatin (USDA C-11) Sweet and Sour Pork (USDA D-36)
- ✓ Offer pineapple as a fruit component for breakfast, lunch or After School Snack
- ✓ Try pineapple as a new flavor of juice for breakfast
- ✓ Try preparing a Pineapple Upside Down Cake using crushed pineapples
- ✓ Offer pineapple as a pizza topping with Canadian ham/bacon --- Hawaiian Style Pizza!
- ✓ Serve grilled chicken or baked ham topped with pineapple slices or chunks
- ✓ Offer fresh Pineapple Push-Ups as a healthy a la carte snack

### MARKETING:

- ✓ Contact Dole, Nicholas Schneider, for super resources!  
Phone: (973) 402-1192 nicholas\_schneider@na.dole.com
- ✓ Check out the Dole web site for ideas [www.dole5aday.com](http://www.dole5aday.com)
- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9

#### **Quality:**

Serve Fruit that is  
Pre-Chilled to at  
Least 40°F!

### PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day;  
Give this menu a special name (*Example: Pineapple Power!*)
- ✓ Feature "Yellow Day" on the day that you offer pineapple on your menu
  - ✓ Encourage the entire school to get involved
  - ✓ Reward students with a small prize if they are wearing yellow
- ✓ Turn your salad bar into a self-serve fruit topping bar for breakfast.  
Give students a 4 ounce portion of low fat yogurt and let them create a breakfast parfait at the fruit topping bar.
  - ✓ Offer fresh fruits in season
  - ✓ Utilize commodity frozen, canned fruits (crushed pineapples) and dried fruits
- ✓ Distribute to younger grades the "School LUNCH Coloring Page" from your "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 40. Offer prizes for each grade level.
- ✓ Hang these colored lunch pages around your cafeteria as decorations.

#### **Safety:**

Maintain  
Temperature of  
Cold Foods ---  
at 40°F or Below!





## **School Food Service Link.....**



## **School Food Service Recipes**



### **Ambrosia**

Yield: 75 each 5 oz. Portions, 1 serving = 1/2 cup fruit

#### **Ingredients:**

- 1 each #10 can pineapple, peaches, apples
- 1 bag Instant Vanilla Pudding
- 3 ½ cups Low Fat Milk
- 15 ounces Thawed Orange Juice Concentrate
- 2 lbs. Low Fat Sour Cream

#### **Directions:**

- 1- Mix 1 each #10 can, drained, of the following: pineapple, peaches and apples.
- 2- Blend the following on low speed till smooth: 1 bag instant vanilla pudding, 3 ½ cups milk & 15 oz. thawed orange juice concentrate
- 3- Add 2 lbs. of sour cream to pudding mixture.
- 4- Fold pudding mixture into fruit.
- 5- Pour into 4" steam table pan and chill.

### **Pineapple-Orange Dipping Sauce** Yield: **Approx. 1 ¼ gallon**

#### **Ingredients:**

**Recipe From:** Dole "5 A Day Kids' Cookbook"

- 1 each # 10 can Crushed Pineapple in Juice
- ¾ cup Cornstarch
- 3¼ cups Orange Juice
- 3¼ cups Barbecue Sauce

#### **Directions:**

Pour undrained pineapple into a processor, mixer or blender. Process or mix until it is a thick puree. Pour pineapple into a saucepan and add cornstarch; blend. Add orange juice and barbecue sauce; blend. Bring to a boil, and then reduce heat and simmer, stirring until sauce thickens, about 3 minutes. Remove from heat. Serve warm with nuggets.

### **Pineapple Bread**

#### **Ingredients:**

- 15 each Eggs
- 2 ½ cups Sugar
- ¾ cup Flour
- 1 each # 10 can Pineapple
- 6 each 6" Steak Rolls
- 1 lb Butter or Margarine\*

*\*Try using less as it will reduce the fat content!*

#### **Directions:**

- 1- Beat eggs well.
- 2- Add sugar, flour, pineapple, eggs and mix well.
- 3- Pour into greased 2" full size steamtable pan.
- 4- Dice rolls and spread over top of liquid mixture in pan.
- 5- Melt butter or margarine.
- 6- Pour melted butter/margarine over top of mixture.
- 7- Bake at 350°F for 50 minutes in convection oven.  
(Conventional Oven: Bake at 400°F for 60 minutes)
- 8- Serve warm.
- 9- Cut 5x10 for 50 servings; 1 portion = ¼ cup fruit bread component varies based on weight of roll; approx. ¼ bread/grain  
Cut 5x5 for 25 servings; 1 portion = ½ cup fruit bread component varies based on weight of roll; approx. ½ bread/grain



## Carrots Fact Sheet



### **Where did they come from?**

Carrots were first cultivated in Afghanistan more than 2000 years ago. During 900-1000 A.D. purple and yellow carrots were brought from Afghanistan to the Mediterranean. In the 1300's purple and yellow carrots were grown in Western Europe and China. In the 1700's orange carrots were first reported in the Netherlands. Today, the typical orange carrots available throughout the United States are descendants of Dutch-bred carrots. Other carrot varieties include white carrots that are used in western and Eastern Europe for livestock, red carrots grown in Japan and yellow and purple carrots that are available in the Mideast, Turkey, India and China.

### **Where do they grow?**

The majority of carrots grown for United States are produced in California, Wisconsin, Michigan and Washington. California produces about 60 percent of the entire United States carrot crop. Carrots are shipped nationwide and are available all year long.

### **How do they grow?**

Carrots are taproots, which is a type of root that grows downwards into the soil. Carrots are grown from seeds, which take 6 to 21 days to germinate and 70 to 100 days to mature fully. When you eat a carrot you are actually eating the root! The feathery green leaves that are on top of the root grow above the soil. Once carrots are grown and mature, machines mechanically harvest them. They pull carrots up by their tops and shake off the dirt. The machines also cut the tops off. Carrots grow best in cool seasons where young seedlings can withstand mild frosts, however high temperatures can significantly damage them.

### **Are they healthy?**

- ✎ Excellent source of beta-carotene (vitamin A) which keeps our eyes healthy
- ✎ Contains the fiber, calcium pectate, which may lower cholesterol

### **How do you pick a good one?**

- ✎ Choose those which are smooth, firm and well shaped
- ✎ The carrot should not be covered with hair like roots
- ✎ It should be a bright orange to orange-red in color
- ✎ Avoid carrots that are cracked, shriveled, soft or wilted
- ✎ Carrots with smaller cores (*the core is the fibrous center that runs the length of this vegetable*) are sweeter. Since you can't see the core till you cut it open, look for carrots that are smaller or thinner at the top. This usually indicates a smaller core. The natural sugars of the carrots are in the outer layers; therefore, a smaller core will mean more outer layers of sweetness.

# ☺ FUN FACTS! ☺

## Carrots

### Did you know...

- ☺ Did you know one handful of mini peeled carrots or one medium fresh carrot counts as one serving of your 5 A Day?
- ☺ Did you know carrots come in many sizes and shapes: round, cylindrical, fat, very small, long or thin?
- ☺ Did you know that carrots are crunchy?
- ☺ Did you know carrots contain more sugar than any other vegetable, except for the beet?
- ☺ Did you know carrots are members of the parsley family?  
(Their feathery green leaves look somewhat like parsley. Other members of this family are celery, parsnips, dill, fennel and the wildflower called Queen Anne's Lace.)
- ☺ Did you know baby carrots or mini-peeled carrots are grown from “caropak” carrots?  
 (“Caropak” carrots are a different seed variety that grows slender carrots. They grow close together to keep their small size. These are what are primarily available in the supermarkets as baby carrots. True “baby” carrots would actually be carrots that have been removed from the ground early and look like miniature carrots. These are rarely available.)
- ☺ Did you know carrots provide 30% of the vitamin A in American diets?

### Remember ...

**Include 5 - 9 servings of fruits and vegetables per day!**



## School Food Service Link.....

Quick Steps to 5 - 9 servings of fruits and vegetables per day at school...

Listed below are suggestions that you may choose at your own discretion

### DOD (Department of Defense) Special:

- ✓ Mini bags of baby carrots are available from DOD for approximately .10 cents per bag!
- ✓ Call Leslie Bowen to place orders: 1-800-795-3523
- ✓ An assortment of fresh and pre-cut fresh produce is available from DOD at economical prices

### RECIPES:

- ✓ Try a new recipe with carrots ----- Carrot Cake (USDA C-5)  
Carrot-Raisin Salad (USDA E-4)      Orange Glazed Carrots (USDA I-13a)  
Minestrone Soup (USDA H-7)      or      Thick Vegetable Soup (USDA H-5)
- ✓ Mix into fresh green or spinach salads
- ✓ Offer raw carrots with low fat ranch dressing for lunch or After School Snack
- ✓ Add finely chopped carrots to bread stuffing/dressing for Thanksgiving
- ✓ Add to chicken, tuna or pasta salads
- ✓ Sell mini bags of baby carrots as a healthy a la carte snack

### MARKETING:

- ✓ Hang up posters from your "Fruits & Vegetables Galore" Kit  
*Sense-ational Food; Eat Your Colors Every Day/Tuba Player;  
Eat Your Colors Today; Enjoy Fruits & Vegetables!*
- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9

### PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day;  
Give this menu a special name (*Examples: Chill Out with Carrots! Crazy for Carrots!*)
- ✓ Advertise a different carrot recipe on your menu each week in November
- ✓ Feature carrots on your Thanksgiving holiday menu
- ✓ Feature "Orange Day" on the day that you offer carrots on your menu
  - ✓ Encourage the entire school to get involved
  - ✓ Reward students with a small prize if they are wearing orange
- ✓ Turn your salad bar into a self-serve fruit and vegetable bar once/week or once/month
  - ✓ Select produce in season
  - ✓ Utilize commodity frozen and canned fruits and vegetables and dried fruits
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) pages 16-31

#### Presentation

#### Meal Appeal ----- Clump Similar

#### Colors in Packaged Salads for Eye Appeal:

Place Shredded or Diced Carrots in Corner  
of Prepackaged Salad Container;  
In Opposite Corner Place  
Diced Tomatoes

#### Quality:

Do Not Store Carrots  
Near Ethylene Gas  
Producing Produce  
Such as Apples, Cantaloupes,  
Pears & Tomatoes ---  
Gas Will Make  
Carrots Bitter!

#### Safety:

Maintain Temperature of  
Cold Food at 40° F  
or Below



## **School Food Service Link.....**



## **School Food Service Recipes**



### **Fresh Carrot Soup**

**Recipe From:** California Fresh Carrot Advisory Board

**Yield:** 2 Gallons

#### **Ingredients:**

- 5 lbs. Fresh Carrots, Sliced
- ½ lb. Onions, Chopped
- ½ lb. Celery, Sliced
- 2 ½ gallons Stock or Water
- ¼ cup Lemon Juice
- 1 Tablespoon Salt (Optional)
- ½ Tablespoon Pepper

#### **Directions:**

1. Combine carrots, onions, celery and stock.
2. Simmer for 1 hour.
3. puree soup



# **Clementines**



## **Fact Sheet**

### **Where did they come from?**

Clementines, also called Algerian tangerines, are a hybrid between a sweet orange and a Chinese mandarin. Clementines have been available in Europe for many years but were first brought to the U.S. in 1982. A devastating freeze in Florida in the 1980's made oranges scarce in the U.S. This resulted in a lot of oranges, including clementines, being imported from Europe. Since then, the popularity of this small citrus fruit has spread throughout our country.

### **Where do they grow?**

Most clementines are imported from Spain, Morocco, North Africa, South Africa and Chile but are also grown in parts of the U.S. including Florida and California. Today, clementines are available in our supermarkets all year round because they are shipped in from different countries. Each place has a different growing season. Spain produces this fruit from November to February, U.S. from November to May, South Africa from June to August and Chile from August to October.

### **How do they grow?**

Clementines grow on trees in warm, sunny environments. The fruit looks like a mini orange. It is considered the tiniest in the mandarin orange family. They are a citrus fruit with a thin membrane, usually seedless and deep orange flesh.

### **Are they healthy?**

- 👉 Provides large quantities of Vitamin C
- 👉 Significant source of dietary fiber, calcium and vitamin A
- 👉 Contains phytonutrients which help your body fight disease and promote good health
- 👉 1 medium clementine contains only 50 calories and .5 grams of fat

### **How do you pick a good one?**

- 👉 Choose ones with glossy, deep orange skins
- 👉 Heavy for their size
- 👉 Soft puffy skins
- 👉 Avoid those with bruises or soft spots

# ☺ FUN FACTS! ☺

## Clementines

### Did you know...

- ☺ Did you know that clementines have a distinctive sweet taste?
- ☺ Did you know that two clementines fulfill the USDA's recommended daily requirement of Vitamin C?
- ☺ Did you know that citrus fruit such as clementines will help keep your bones and teeth healthy?
- ☺ Did you know that clementines are sold in wooden crates at your local supermarket?
- ☺ Did you know that clementines are often mistaken for tangerines?
- ☺ Did you know that clementines have what is called a "zipper" skin, loose and easily peeled?
- ☺ Did you know that clementines are a favorite citrus among children?

**Remember ...**

**Include 5 - 9 servings of fruits and vegetables per day!**



## School Food Service Link.....

Quick Steps to 5 - 9 servings of fruits and vegetables per day at school...

Listed below are suggestions which you may choose at your own discretion

### RECIPES:

- ✓ Offer fresh whole clementines for lunch, breakfast or After School Snack --- Kids love them cause they're easy to peel!
- ✓ Offer them as a healthy a la carte snack
- ✓ Use as a fruit in your grab'n'go or bag lunches

**Presentation**  
**Meal Appeal -----**  
Offer Clementines  
in Wire Baskets.  
Adds Eye Appeal!

### MARKETING:

- ✓ Display on your serving line in wire baskets or in clean, sanitary crates
- ✓ Hang up posters from your "Fruits & Vegetables Galore" Kit  
*Sense-ational Food; Eat Your Colors Every Day/Tuba Player;  
Eat Your Colors Today; Enjoy Fruits & Vegetables!*
- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9

**Quality:**  
Upon Delivery,  
Always Check Quality  
of Fresh Fruit!  
Never Accept  
Poor Quality!

### PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day;  
Give this menu a special name (*Example: Catch the Clementine Craze!*)
- ✓ Feature "Orange Day" on the day that you offer clementines on your menu
  - ✓ Encourage the entire school to get involved
  - ✓ Reward students with a small prize if they are wearing orange
- ✓ Advertise a special grab'n'go lunch served in a colorful bag with a Clementine
- ✓ Promote an "Unusual/Unique or Special Fresh Fruit Day" --- Feature Clementines!
- ✓ Turn your salad bar into a self-serve fruit and vegetable bar once/week or once/month
  - ✓ Select produce in season
  - ✓ Utilize commodity frozen and canned fruits and vegetables and dried fruits
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) pages 16-31

**Safety:**  
Wash  
Fresh Fruit!





# **Broccoli**



## **Fact Sheet**

### **Where did it come from?**

Broccoli can be traced back 2000 years and has been grown in United States for over 200 years. Broccoli was one of the ancient Romans favorite foods. They introduced this vegetable to France in the 1500's and to England in 1720.

Broccoli was first grown in Calabria, an Italian province and was given the name Calabrese. Later the vegetable was given the name broccoli, which comes from the Latin word *brachium*, which means branch or arm. The first broccoli showed up in markets in the United States in the early 1900's. By 1925, broccoli became a popular vegetable across the nation.



### **Where does it grow?**

Broccoli is grown in many states throughout the country. States that produce produce broccoli, include Washington, Maine, Wisconsin, Ohio, Colorado, Oregon, Texas and Florida. California produces 90% of all broccoli grown in the United States. Broccoli is grown in Salinas Valley and Santa Maria Valley in California from March through December and grown in the Yuma Valley in Arizona from November to March. Broccoli is available all year long but is most abundant in October through May.





### **How does it grow?**

Broccoli is generally grown from seeds planted in fields. It is ready to pick in approximately 80-120 days. A bunch of broccoli grows in the middle of several leaves. Sometimes these leaves are still attached to the broccoli when you buy it in the store. It usually grows close to the ground, but if it has excellent growing conditions the plant can grow 2-3 feet tall! It grows best in cool weather and can even grow with light frost. Soil, which is fertile and well drained, will promote the growth of broccoli. While the flowers are still compact, the broccoli heads are harvested. After broccoli is picked it is very important that it is kept cold. A liquid ice treatment reduces the broccoli's temperature to 35° F within 3-5 minutes. Broccoli is packed in the field and quickly transported to markets.

### **Is it healthy?**

-  Rich in calcium, folate, potassium, vitamin C and A
-  Good source of fiber

### **How do you pick a good one?**

-  Choose bunches whose florets are dark green and tightly closed
-  Stalks should be very firm and slender
-  Avoid broccoli with open, flowering, yellow colored or water-soaked bud clusters and tough, woody stems
-  Avoid those with stalks that are bendable or rubbery

# ☺ FUN FACTS! ☺

## Broccoli

### Did you know...

- ☺ **Did you know broccoli is a cruciferous vegetable and member of the cabbage family?** (Cruciferous vegetables help prevent cancer.)
- ☺ **Did you know there are different vegetables closely related to broccoli?** (Broccolini, a cross between broccoli and kale; Broccoflower, a cross between broccoli and cauliflower; Broccoli Raab, long leafy stalks topped with small florets that look like broccoli)
- ☺ **Did you know over the last 25 years broccoli consumption has increased over 940%?**
- ☺ **Did you know broccoli has as much calcium, ounce per ounce, as milk?**
- ☺ **Did you know that the average person in the United States today, eats 4 ½ pounds of broccoli per year?**
- ☺ **Did you know that broccoli florets that are purplish or dark green contain more beta-carotene and vitamin C than paler ones?**
- ☺ **Did you know that frozen broccoli has twice as much sodium as fresh?** (Frozen is still low in sodium; approximately 68 mg of sodium per 10 ounce package. It is recommended, in the School Lunch Program that a complete lunch contain 800 mg of sodium or less.)
- ☺ **Did you know one spear of broccoli counts towards your 5 a day?**
- ☺ **Did you know that if you cut an “X” in the bottom of each stalk of broccoli it will cook more evenly?** (The broccoli florets tend to cook quicker than the stalks; therefore cutting in each stalk helps the stalks cook quicker.)
- ☺ **Did you know that if a broccoli head was not picked when the flowers were still compact, that the flower buds would open as bright yellow flowers?**
- ☺ **Did you know that over 30,000 broccoli plants can be grown on one acre of land?**

**Remember ... Include 5 - 9 servings of fruits and vegetables per day!**



## School Food Service Link.....

Quick Steps to 5 - 9 servings of fruits and vegetables per day at school...

*Listed below are suggestions that you may choose at your own discretion*

### DOD (Department of Defense) Special:

- ✓ Call Leslie Bowen to place orders: 1-800-795-3523
- ✓ An assortment of fresh and pre-cut fresh produce is available!

### RECIPES:

- ✓ Try a new recipe with broccoli --- Vegetable Lasagna (USDA D-50)  
Broccoli Spaghetti Parmesan (see attached) Broccoli Salad (USDA E-17)  
Broccoli, Cheese, and Rice Casserole (USDA I-8)  
Herbed Broccoli and Cauliflower Polonaise (USDA I-18)
- ✓ Offer broccoli and dip with deli sandwiches, instead of high sodium pickles
- ✓ Offer fresh broccoli and carrots with low fat dip for lunch or snack
- ✓ Mix into pasta and rice dishes
- ✓ Offer steamed broccoli with cheese sauce
- ✓ Offer broccoli as a pizza or baked potato topping
- ✓ Add fresh broccoli to prepackaged salads
- ✓ Try a broccoli quiche or chopped broccoli with scrambled eggs for breakfast or lunch

#### **Presentation Meal Appeal -----**

##### **Vary Colors for Eye Appeal:**

Offer Fresh Broccoli and  
Carrots with Dip!

#### **Quality:**

Check Quality of Fresh  
Fruits and Vegetables  
when Delivered; Do  
Not Accept Poor  
Quality!

### MARKETING:

- ✓ Hang up posters from your "Fruits & Vegetables Galore" Kit  
*Enjoy Fruits & Vegetables! (Poster has a picture of broccoli on it; It is from the American Cancer Society; Contact them for more posters or other resources; Phone: 1-800-ACS-2345 [www.cancer.org](http://www.cancer.org) )*
- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Decorate with broccoli shaped balloons and "broccoli seedies" (Beanie Babies – 5 A Day style or Broccoli style) You can also use seedies as a prizes. (Available from [www.shop5aday.org](http://www.shop5aday.org) )
- ✓ Refer to "Fruits & Vegetables Galore" Kit (Meal Appeal Manual) page 9

### PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day,  
Give this menu a special name (Example: Build Your Body with Broccoli!!)
- ✓ Feature "Green Day" on the day that you offer broccoli on your menu
  - ✓ Encourage the entire school to get involved
  - ✓ Reward students with a small prize if they are wearing green
- ✓ Turn your salad bar into a self-serve fruit and vegetable bar once/week or once/month
  - ✓ Select produce in season
  - ✓ Utilize commodity frozen and canned fruits and vegetables and dried fruits
- ✓ Refer to "Fruits & Vegetables Galore" Kit (Meal Appeal Manual) pages 16-31

#### **Safety:**

Wash All  
Produce Before  
Use!



## **School Food Service Link.....**



## **School Food Service Recipes**



### **Broccoli Spaghetti Parmesan**

**Serving Size :** 5 1/2 ounces

**(Quantity)Yield :** 50 servings

**Ingredients:**

7 lbs. + 6 oz. Broccoli florets, coarsely chopped

1/8 tsp. Garlic salt

2 tsp. Olive oil

3 lbs. + 11 oz. Spaghetti

2 Tbsp. + 2 tsp. Margarine

1 clove Garlic cloves, crushed

**Instructions:**

1- Bring water and garlic salt to boil in a pot and cook spaghetti according to the directions on the spaghetti package.

2- Five minutes before spaghetti is done cooking, add the chopped broccoli.

3- Place spaghetti and broccoli in a large bowl and toss with olive oil, butter and garlic. May be served hot or cold.

Nutrients Per Serving: calories 156, protein 6.4 g, carbohydrates 29.6 g, fat 1.6 g, saturated fat 0.3 g, cholesterol 0.0 mg, Vit A 205.5 RE, Vit C 62.0 mg, iron 1.8 mg, calcium 38.7 mg, sodium 31.9 mg, fiber 2.80 g

**Recipe From:** SNA Database

**Recipe Source:** Mann packing Co., Inc.



# **Cranberry**



## **Fact Sheet**

### **Where did they come from?**

Around 1815 the first cranberries were cultivated in Massachusetts. They ate them raw and used them in sauces, breads and pemmican, a mixture of dried meat or fish and berries that was pounded into a pulp, shaped into a cake and dried in the sun. The cranberry plant was also used for medicinal purposes to fight off various illnesses and to treat arrow wounds. It also worked well as a dye for rugs and blankets. American whalers and mariners carried cranberries on their voyages to prevent scurvy, which occurs from a lack of Vitamin C.

### **Where do they grow?**

Cranberries are grown in only five states within the United States: Massachusetts, Wisconsin, New Jersey, Oregon and Washington. Burlington County is New Jersey's major cranberry producing area. New Jersey is the third largest cranberry producing state in the United States! Both fresh and dried cranberries are available all year round but fresh cranberries are more plentiful September through December.

### **How do they grow?**

Cranberries grow on vines in beds layered with sand, peat, gravel and clay, commonly referred to as bogs. Cranberries can only grow and survive under certain factors; they require acidic soil, adequate water supply and plenty of sand. Contrary to popular belief, cranberries do not grow in water. Cranberry bogs are flooded in the winter to protect the vines from damage. During the growing season they require up to one inch of water per week. Pollination by bees is an important part of cranberry growing. When cranberries are ready to be picked the bogs are flooded with about one foot of water. A water reel is used to free the berries from the vines and pumps or conveyors remove them from the water.

The growing season of cranberries ranges from April to November. An undamaged cranberry plant vine can survive many, many years. Some vines in Cape Cod are over 150 years old. Dried cranberries are processed from whole fresh cranberries, which are sprayed with oil to prevent sticking. Sugar is added to eliminate the tartness of the cranberry.



## **Cranberry**

### **Fact Sheet**

#### **Are they healthy?**

- 👉 High in Vitamin A and C
- 👉 No fat, no cholesterol, no sodium
- 👉 Contain plant nutrients, phytochemicals, that fight cancer
- 👉 Helps keep the heart pumping strong
- 👉 Help fight bacteria
- 👉 Prevent ulcers

#### **How do you pick fresh cranberries?**

- 👉 Ripe cranberries will bounce
- 👉 Look for ones that are shiny and plump
- 👉 Range in color from bright red to dark red
- 👉 Avoid those that are shriveled or brown spotted

# ☺ FUN FACTS! ☺

## Cranberry

### Did you know...

- ☺ Did you know that early settlers referred to the tiny red berry as a “cranberry” because the flower and its stem resembled the neck, head and bill of a crane?
- ☺ Did you know approximately 1.2 ounces of dried cranberries equals ¼ cup of fruit for the School Meal Program?
- ☺ Did you know there are four major varieties of cranberries: **American, European, Mountain and Highbush?**  
(American is the most common and is a bright red color; European is primarily used for ornamental purposes and is smaller than the American; Mountain is a ¼ to ½ inch in diameter, bright to dark red and is occasionally sold in markets; Highbush is mostly used for jellies, jams and sauces.)
- ☺ Did you know that fresh cranberries are too tart to eat raw?
- ☺ Did you know that more than one-third of cranberries grown in the U.S. are made into cranberry juice?
- ☺ Did you know that dried cranberries are often called “Craisins”?
- ☺ Did you know that dried cranberries may last up to 12 months if stored in a cool, dry place?
- ☺ Did you know that dried cranberries are a quick, easy snack, which may be eaten right out of the package?

**Remember ...**

**Include 5 - 9 servings of fruits and vegetables per day!**



## School Food Service Link.....

Quick Steps to 5 - 9 servings of fruits and vegetables per day at school...

*Listed below are suggestions that you may choose at your own discretion*

### DOD (Department of Defense) Special:

- ✓ Dried Cranberries available in individual bags; .9 oz. each; 300/case
- ✓ For Orders Call: Leslie Bowen at 1-800-795-3523 or 215-462-2457
- ✓ An assortment of fresh and pre-cut fresh produce is available from DOD at economical prices

### RECIPES:

- ✓ Contact the Cranberry Marketing Committee for a Free recipe packet entitled, **"BOLD – VERSATILE – HEALTHY"**  
Phone: 206-270-4637 Fax: 206-270-4656 [www.uscranberries.com](http://www.uscranberries.com)
- ✓ Use all forms of cranberries --- Fresh, Dried, Jellied and Whole Sauce, Relish and Juice
- ✓ Try a new recipe with cranberries ---  
Pumpkin Cranberry Bars (see attached)  
Cranberry Sweet Potato Whip (see attached)
- ✓ Offer small bags as a healthy a la carte snack
- ✓ Create an interesting trail mix containing dried cranberries
- ✓ Add dried cranberries to chicken or turkey salads
- ✓ Not just with turkey --- Serve cranberry sauce with chicken nuggets or another entree
- ✓ Offer for breakfast as a cereal topper or try Cranberry Muffins
- ✓ Mix cranberry sauce with applesauce to create a colorful fruit mixture
- ✓ Add to oatmeal and chocolate chip cookies
- ✓ Substitute dried cranberries for raisins

#### **Presentation** **Meal Appeal -----**

##### **Contrast Colors & Textures**

Add Dried Cranberries to:  
Fresh Spinach or Tossed Salads  
Offer as a Topping for  
Cold/ Hot Cereals

### MARKETING:

- ✓ Hang up **"Cranberries --- Big Benefits in a Small, Red Package" poster**  
(Available Free from the Cranberry Marketing Committee: [www.uscranberries.com](http://www.uscranberries.com))
- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9

#### **Quality:**

Store Dried  
Cranberries  
in Low Humidity;  
Refrigeration is  
Excellent!

### PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day;  
Give this menu a special name (*Example: Crazy for Cranberries!*)
- ✓ Feature "Red Day" on the day that you offer cranberries on your menu
  - ✓ Encourage the entire school to get involved
  - ✓ Reward students with a small prize if they are wearing red
- ✓ Offer dried cranberry snack bags at a special price once a week during January

#### **Safety:**

Use "FIFO"  
Storage  
Method!





## School Food Service Link.....



### School Food Service Recipes



#### **PUMPKIN CRANBERRY BARS**      Yield: 50 Servings

Recipe From: SNA Database    Source: McCormick

##### **Ingredients:**

2 lbs + 13 oz Yellow Cake Mix	2 1/2 Tbsp Orange Juice or Water
1 qt + 1 cup Finely Chopped Pecans or Walnuts	7 1/2 Large Eggs
1 1/4 cups Butter or Margarine, Softened	2 lbs + 5 1/2 oz Pumpkin
2 1/2 tsp Pumpkin Pie Spice	2 lbs + 3 oz Sweetened Condensed Milk
2 lbs + 8 oz Jellied Cranberry Sauce	2 1/2 Tbsp Vanilla Extract

##### **Directions:**

- 1- Preheat convection oven to 350° F. Combine cake mix, nuts, butter and 1/2 tsp pumpkin pie spice until crumbly. Reserve 1/3 crumb mixture. Press remaining crumb mixture onto bottom of steamtable pan (12" x 20" x 2 1/2").
- 2- Place jellied cranberry sauce and orange juice in small saucepan. Cook, stirring frequently, over medium heat until smooth. Remove from heat; cool slightly.
- 3- In large bowl, beat eggs. Add pumpkin, condensed milk, vanilla extract, and remaining 2 tsp pumpkin pie spice; mix well.
- 4- Spread cranberry sauce evenly over crust. Pour pumpkin mixture over cranberry. Sprinkle with reserved crumb topping. Bake 30-40 minutes or until crumb topping is golden brown. Serve warm or chilled.

Cut 5x10 (50 pieces)

**HACCP Tips:** Wash hands and clean all food preparation surfaces.  
Eggs, Dairy --- Keep refrigerated until use at 40°F

#### **CRANBERRY SWEET POTATO WHIP**

Yield: 25 each 5 oz. servings

1 serving=1/2 cup Fruit/Veg.

##### **Ingredients:**

1/2 #10 can Sweet Potatoes (Drained)  
1/2 #10 can Cranberry Sauce (Drained)  
2 tablespoons Cinnamon  
2 tablespoons Brown Sugar  
1/4 Bag (Approx. 10.8 oz. Bag) Whipped Topping (Prepared)

**Directions:** Beat sweet potatoes and cranberry sauce, add cinnamon and brown sugar. Whip until smooth. Fold in whipped topping. Use #8 scoop (rounded) for portioning. Optional: Add dollop of whipped topping on top of each portion.



## **Cauliflower** **Fact Sheet**



### **Where did it come from?**

Cauliflower is a cultivated descendant of the wild cabbage, which originated over 2,000 years ago in gardens of Asia Minor and the Mediterranean. Cauliflower, as its name implies, is a flower growing from a plant. During the 16th century, cauliflower was grown throughout Western Europe including Turkey and Italy. Cauliflower became popular in France during the 16<sup>th</sup> century and was cultivated in Northern Europe and the British Isles. Cauliflower has been an important vegetable in the United States since 1920.

### **Where does it grow?**

Almost all of the cauliflower grown in the United States comes from the Salinas Valley in California because of its ten-month growing season, moderate climate and rich soil. Other states where cauliflower is produced are Arizona, New York, Michigan, Oregon, Florida, Washington and Texas. Cauliflower is available all year long, but is most plentiful in the spring and fall.

### **How does it grow?**

Cauliflower plants are generally started by seeds, which are planted in a greenhouse. After about 35 days the plants are then transplanted into the field and continue to grow for another 80 to 110 days. Harvesting a field of cauliflower is a long process and can take up to 3 weeks! Cauliflower plants require rich fertile soil with good moisture and cool temperatures for proper growth. As the cauliflower plant grows a flower bud forms in the center of the plant. This bud grows into a compact head of undeveloped white buds. The heavy leaves surround the head like a tent and protect the flower buds from sunlight. When the flowers or florets are broken apart they look like snow-covered trees.

### **Is it healthy?**

- 👉 Provides high amount of vitamin C
- 👉 Good source of fiber and folate
- 👉 Contains no fat or cholesterol with low calories and sodium

### **How do you pick a good one?**

- 👉 Choose those that are clean and firm with white, compact heads
- 👉 Leaves should be green and crisp
- 👉 Avoid heads with brown spots, speckles, bruises, or loose open floret clusters

# ☺ FUN FACTS! ☺

## Cauliflower

### Did you know...

- ☺ Did you know only ½ cup of raw or cooked cauliflower equals one serving of your 5 a day?
- ☺ Did you know cauliflower is a cruciferous vegetable?  
(Cruciferous vegetables such as cabbage, broccoli, kohlrabi and brussel sprouts contain certain nutrients that contribute to the reduction of cancer.)
- ☺ Did you know cauliflower's closest relative is broccoli?
- ☺ Did you know a lack of exposure to sunlight does not allow chlorophyll, the color producing component of cauliflower, to develop and therefore the head remains white?
- ☺ Did you know cauliflower is a compact head of undeveloped white flower buds?
- ☺ Did you know that the compact head of the cauliflower is also called the "curd"?
- ☺ Did you know there are two types of cauliflower?  
(White cauliflower and Green cauliflower. The green is a hybrid of white cauliflower and broccoli and is called "broccoflower". The green variety is less dense than the white, cooks more quickly, and has a milder taste.)
- ☺ Did you know one serving of cauliflower provides 100% of your daily recommended vitamin C?

**Remember ...**

**Include 5 - 9 servings of fruits and vegetables per day!**



## School Food Service Link.....

Quick Steps to 5 - 9 servings of fruits and vegetables per day at school...

*Listed below are suggestions that you may choose at your own discretion*

### RECIPES:

- ✓ Try a new recipe with cauliflower ---  
Chinese Style Vegetables (USDA I-9)  
Creamy Dip for Fresh Vegetables (USDA E-13)  
Herbed Broccoli and Cauliflower Polonaise (USDA I-18)
- ✓ Feature cauliflower with cheese sauce
- ✓ Add raw cauliflower to pasta salads
- ✓ Offer broccoli and cauliflower as a vegetable;  
add Chinese noodles for crunch
- ✓ Try Cheese-Cauliflower-Dijon Soup (recipe attached)
- ✓ Mix cauliflower into vegetable soups
- ✓ Offer raw cauliflower, carrots and broccoli with  
vegetable dip (USDA E-13)

#### **Presentation Meal Appeal -----**

Batch Cook Vegetables!  
Do Not Overcook.

### MARKETING:

- ✓ Hang up poster from your "Fruits & Vegetables Galore" Kit  
*Enjoy Fruits & Vegetables!*  
This poster is from the American Cancer Society.  
Contact them for additional posters and school nutrition resources.  
1-800-ACS-2345 [www.cancer.org](http://www.cancer.org)
- ✓ Ask a student group, the art teacher, health teacher... if students can  
decorate bulletin boards or walls, serving area in your cafeteria.  
Have them focus on wellness, a specific season or holiday. Let them  
develop their own ideas since it is their restaurant!
- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9

#### **Quality:**

Do Not Store Cauliflower  
Near High Ethylene  
Producing Produce such  
as Apples, Pears &  
Tomatoes, as These  
Will Turn Cauliflower  
Yellow!

### PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day;  
Give this menu a special name (*Example: Crazy for Cauliflower!*)
- ✓ Feature "White Day" on the day that you offer cauliflower on your menu
  - ✓ Encourage the entire school to get involved
  - ✓ Reward students with a small prize if they are wearing white
- ✓ Promote a "Snowflake Day or Winter Wonderland Day". Feature raw cauliflower with dip,  
"Snow Covered Trees & Dip", or cooked cauliflower with a white cheese sauce, "Snowballs".

#### **Safety:**

Change Gloves  
Frequently!



## **School Food Service Link.....**



## **School Food Service Recipes**



### **CHEESE – CAULIFLOWER - DIJON SOUP**      Yield: 2 ½ Gallons

Recipe From: Lasco

#### **Ingredients:**

1 Gallon	Boiling Water
*32 oz.	Dry Cheese Sauce Mix
*4 Tbs.	Chicken Stock Base
1 Gallon	Milk
½ Cup	Dry Minced Onion
2 tsp	Oregano, Crushed
¾ tsp.	Pepper
½ Cup + 2Tbs.	Dijon Mustard
3 ea. 2 lb. Pkgs.	Frozen Cauliflower

#### **Directions:**

- 1- Add chicken stock to boiling water and mix thoroughly.
- 2-Whisk dry cheese mix into boiling water. Turn down heat, and continue whisking until smooth.
- 3- Stir in milk and mix thoroughly.
- 4- Add dry minced onion, oregano and pepper. Heat through, stirring occasionally.
- 5- Stir in Dijon mustard. Mix well.
- 6- Add frozen cauliflower. Cook about 20 minutes, until cauliflower is cooked and soup is fully heated and reaches temperature of 165° F for 15 seconds.



## Grapefruit Fact Sheet



### **Where did they come from?**

The grapefruit was developed in the West Indies during the early 1700's. It was introduced to Florida in 1823 when the Spanish brought over the grapefruit tree to be used in flower gardens. These trees were grown only for their beauty. Very few people ate grapefruit in olden times. They didn't like the slightly bitter taste. The fruit would ripen and fall to the ground and rot. During the 1800's Florida started to produce grapefruits and between 1880 and 1885 the first shipment of grapefruits were delivered to New York and Philadelphia. Since the 20<sup>th</sup> century different varieties of white grapefruit have been developed with a pink to reddish color on their flesh. These are now more commonly referred to as the Ruby Red grapefruit.

### **Where do they grow?**

Grapefruits are grown throughout the world including United States, Israel, Spain, Greece, Brazil and Cuba. However, the United States is the world's number one producer of grapefruits. Florida produces about 75 percent of the total grapefruit crop grown throughout the United States. Other states which grow grapefruit include Texas, California and Arizona. Grapefruits are available all year long. The best grapefruit, from Florida and Texas, are available from November through June. In late July, California and Arizona grapefruit arrive in markets and continue through October.

### **How do they grow?**

Grapefruits grow on trees in clusters, just as grapes. Grapefruit trees are large with glossy dark green leaves. The grapefruit hangs in clusters on the tree. Grapefruit trees grow best, and produce the best quality fruit, in climates with hot days and warm to hot nights. These trees are beautiful and are a member of the citrus family. This fruit grows well in both tropical and subtropical climates throughout the world. .

### **Are they healthy?**

- ✎ Excellent source of vitamin C
- ✎ ½ Grapefruit provides 80% of an adult's recommended daily vitamin C
- ✎ Provides pectin, a soluble fiber which may lower cholesterol
- ✎ Good source of vitamin B6, potassium, thiamin and niacin

### **How do you pick a good one?**

- ✎ Choose those which are glossy, round, smooth
- ✎ They should be heavy for their size
- ✎ Avoid those with brown and/or soft spots

# ☺ FUN FACTS! ☺

## Grapefruit

### Did you know...

- ☺ **Did you know this citrus fruit got its name, grapefruit, because it grows on the tree in clusters, like grapes?**  
(Sometimes as many as 25 fruits in a cluster hang from a tree.)
- ☺ **Did you know that a ½ of a grapefruit equals one serving of your 5 A Day?**
- ☺ **Did you know a grapefruit contains both a sweet and tangy flavor?**
- ☺ **Did you know that the sweetest and juiciest grapefruit can be found in supermarkets from December to June and come from Florida and Texas?**
- ☺ **Did you know that California and Florida grapefruit are different?** (Florida grapefruit have a thinner rind and are sweeter and less pulpy. California grapefruit are easier to peel and segment, but they are not as juicy and their flavor is only fair.)
- ☺ **Did you know that the original grapefruit was called a pomelo or shaddock?** (This fruit can sometimes be found in Oriental markets. They are larger than grapefruit with a rough, puffy thick rind, lots of seeds, sour tasting and have very little juice.)
- ☺ **Did you know there are three major types of grapefruits --- white, pink/red and star ruby/rio red?**
- ☺ **Did you know that the grapefruits which contain seeds are used to make juice?**
- ☺ **Did you know that the pink and red varieties contain more vitamins than the white grapefruit?**  
(Red grapefruit contains over 20 times more vitamin A than white.)

**Remember ... Include 5 - 9 servings of fruits and vegetables per day!**



## School Food Service Link.....

Quick Steps to 5 - 9 servings of fruits and vegetables per day at school...

*Listed below are suggestions that you may choose at your own discretion*

### RECIPES:

- ✓ Try a new recipe with Grapefruit ---  
Fruit Cup 1 & 2 (see attached)
- ✓ Serve grapefruit smiles
- ✓ Serve fresh grapefruit halved & sprinkled with  
brown sugar or cinnamon & sugar for breakfast or lunch  
(1/2 grapefruit = ½ cup fruit)
- ✓ Serve hot grapefruit for breakfast  
(Cut grapefruit in half and place on a sheet pan; Sprinkle each half with approximately  
1 tablespoon of brown sugar, honey can also be added; Broil for 3-5 minutes or until tops  
become bubbly and brown)
- ✓ Add red or pink grapefruit as a garnish to green salads
- ✓ Offer a healthy packaged salad with cottage cheese,  
fresh ruby red grapefruit & orange smiles,  
pineapple chunks... & whole wheat crackers

#### **Presentation** **Meal Appeal -----** **Contrast Color for** **Eye Appeal!**

Alternate Rows of  
Orange Smiles & Red  
Grapefruit Smiles

### MARKETING:

- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Contact the Florida Citrus Commission for resources:  
[www.floridajuice.com](http://www.floridajuice.com)
- ✓ Display different varieties of citrus fruit with their corresponding names
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9

#### **Quality:**

Store Fresh Citrus  
Fruits in Front of  
Cooler Where  
Temperature is  
Higher.

### PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day;  
Give this menu a special name (*Example: Glow with Grapefruit!*)
- ✓ Feature "Red Day" on the day that you offer grapefruit on your menu
  - ✓ Encourage the entire school to get involved
  - ✓ Reward students with a small prize if they are wearing red
- ✓ Offer ruby red grapefruit for Valentine's Day
- ✓ Feature different citrus fruits and recipes with these fruits throughout the month.  
Emphasize their healthy benefits of providing vitamin C.  
(*E.g.: oranges, orange juice, tangerines, grapefruit, orange-pineapple gelatin/USDA C-11,  
orange rice pilaf USDA/B-2, orange glazed carrots or sweet potatoes/USDA I-13;I-13a...* )
- ✓ February is Nat'l Hot Breakfast Month --- Offer Baked Sweet Grapefruit

#### **Safety:**

Wash Hands  
Before Handling  
Fresh Produce!





## **School Food Service Link.....**



### **School Food Service Recipes**



#### **Fruit Cup 1**

**Recipe From:** Pennsylvania State University

**Serving Size:** ½ cup, with juice      **Portion Count:** 37

**Yield:** approx. 1 gal. + 3 cups

#### **Ingredients:**

- 2 lbs 13 oz canned grapefruit sections
- 2 lbs 15 oz canned sliced peaches
- 2 lbs 5 oz frozen cherries, thawed
- 9 each fresh oranges, peeled and chunked
- 2 each fresh eating apples, 125's peeled, cored and diced
- 1 qt + 2/3 cup reserved liquid

#### **Directions:**

1. Drain canned fruit before combining, reserving juices.
2. Place drained, canned fruit in bowl.
3. Add fresh fruit.
4. Pour juice over all fruit.
5. Mix lightly; chill.
6. Serve chilled at a temperature of 40°F.

*Nutrition Information Per Serving:*

Calories= 66 Protein= 0g Carbohydrate= 16g Fat= 0g Saturated Fat= 0g Cholesterol= 0mg  
Sodium= 10mg Vitamin A= 18RE Vitamin C= 18mg Calcium= 15mg Iron=.2g Dietary Fiber=1g

#### **Fruit Cup 2**

**Recipe From:** Pennsylvania State University

**Serving Size:** ½ cup, with juice      **Portion Count:** 37

**Yield:** approx. 1 gal. + 3 cups

#### **Ingredients:**

- 2 lbs 13 oz canned grapefruit sections
- 2 lbs 8 oz canned sliced peaches
- 1 lb 12 oz canned pineapple chunks
- 2 lbs 3 oz frozen cherries, thawed
- 9 each fresh oranges, peeled and chunked
- 5 each fresh bananas, peeled and sliced
- 1 qt + 2/3 cup reserved liquid

#### **Directions: Same as Above**

*Nutrition Information Per Serving:*

Calories= 76 Protein= 0g Carbohydrate= 19g Fat= 0g Saturated Fat= 0g Cholesterol= 0mg  
Sodium= 2mg Vitamin A= 18RE Vitamin C= 22mg Calcium= 18mg Iron= .3g  
Dietary Fiber=1g



# Sweet Potatoes

## Fact Sheet



### **Where did they come from?**

Sweet potatoes are native of Central and South America where they served as a staple for the Aztecs in Mexico and the Incas in Peru. Sweet potato remains have been found in caves in Peru, which date back 10,000 to 20,000 years. Christopher Columbus was the first to introduce sweet potatoes to Europe while later explorers introduced sweet potatoes to Asia. They were also a main source of nourishment for early colonial Americans and for soldiers during the Revolutionary War.

### **Where do they grow?**

North Carolina, Louisiana, California, Georgia and New Jersey are the major states for growing sweet potatoes. The major suppliers of sweet potatoes include China, Indonesia, Vietnam and Uganda.

### **How do they grow?**

Sweet potatoes are tropical tubers and are part of the Morning Glory Family. They grow underground just as a carrot and, therefore, are considered to be storage roots. Sweet potatoes generally grow the size of a regular white potato and contain a smooth, thin skin. They are available all year long, but are most abundant in the fall and early winter.

### **Are they healthy?**

- ✎ Contain calcium, potassium, vitamins A, B6 and C
- ✎ Contain virtually no fat and are sodium free
- ✎ Good source of dietary fiber
- ✎ Rated as #1 most nutritional vegetable by the “Center for Science in the Public Interest” (CSPI)

### **How do you pick a good one?**

- ✎ Choose those with a firm, dark, smooth skin
- ✎ Avoid sweet potatoes with wrinkled skins
- ✎ Do not choose those with bruises, sprouts or decayed spots

# ☺ FUN FACTS! ☺

## Sweet Potatoes

### Did you know...

- ☺ **Did you know a serving of sweet potatoes contains 327% of your daily need for vitamin A? (More than any other vegetable!)**
- ☺ **Did you know that sweet potatoes and yams are not the same?**  
(Yams come from the Yam family and are tubers, like potatoes, while sweet potatoes are considered storage roots, like carrots. Yams also have rough, scaly skin while sweet potatoes have a smooth, thin skin. Yams can grow as long as 7 feet and can weigh up to 150 pounds while sweet potatoes are usually the size of a regular potato. Yams are primarily grown in the Caribbean while sweet potatoes grow in the U.S. Yams do not contain any vitamin A while sweet potatoes are super rich in this vitamin.)
- ☺ **Did you know that there are two varieties of sweet potatoes, pale yellow with a dry flesh and dark orange with a moist flesh?**
- ☺ **Did you know that the orange fleshed sweet potato is the primary one sold in the U.S.?**
- ☺ **Did you know you can eat sweet potatoes raw with dip?**  
(They taste like a sweet carrot. They are a super healthy snack!)
- ☺ **Did you know you can eat sweet potato fries?**  
(Much healthier than the common white potato French fry!)
- ☺ **Did you know you can also eat baked sweet potatoes?**
- ☺ **Did you know that when you eat a sweet potato you are actually eating a root?**
- ☺ **Did you know that ½ cup of sweet potatoes provides 1 serving from the vegetable group of the Food Guide Pyramid?**
- ☺ **Did you know that sweet potatoes are one of the most nutritious vegetables you can eat as part of your 5 a Day?**
- ☺ **Did you know sweet potatoes should not be refrigerated?**  
(If refrigerated, they will develop a hard core and a bad taste. Store in a cool, dry place with temperatures between 55°-60° F.)

**Remember ... Include 5 - 9 servings of fruits and vegetables per day!**



## School Food Service Link.....

Quick Steps to 5 - 9 servings of fruits and vegetables per day at school...

*Listed below are suggestions that you may choose at your own discretion*

### DOD (Department of Defense) Special:

- ✓ Raw Sweet Potatoes Sticks available from DOD
- ✓ Call Leslie Bowen to place orders: 1-800-795-3523

### RECIPES:

- ✓ Try a new recipe with sweet potatoes ---  
Sweet Potato-Plum Bread Squares (USDA B-18)  
Sweet Potato Pie (USDA C-17)  
Baked Sweet Potatoes and Apples (USDA I-7)  
Orange Glazed Sweet Potatoes (USDA I-13)  
Southern Sweet Potato Salad (see attached)
- ✓ Offer candied sweet potatoes
- ✓ Offer raw sweet potato sticks with low fat dip
- ✓ Serve baked sweet potato fries with ketchup or cinnamon sugar
- ✓ Feature a baked sweet potato instead of a white baked --- much healthier!
- ✓ Offer sweet potato pancakes for breakfast or lunch
- ✓ Serve "Two Tone Potatoes" --- Add 1 part mashed sweet potatoes to 4 parts white mashed  
(Adds color and an exciting flavor!)

#### **Presentation Meal Appeal -----**

Package Food in Clear Plastic;  
Styrofoam Hides the Food!

### MARKETING:

- ✓ Contact the North Carolina SweetPotato Commission for ideas and resources:  
Phone: 919-989-7323 [www.ncsweetpotatoes.com](http://www.ncsweetpotatoes.com)
- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9

#### **Quality:**

Do Not Refrigerate  
Sweet Potatoes;  
Store in Cool, Dry  
Room at 55°-60°F

### PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day,  
Give this menu a special name (*Example: Sweet Potato--- Super Power!*)
- ✓ Feature "Orange Day" on the day that you offer sweet potato on your menu
  - ✓ Encourage the entire school to get involved
  - ✓ Reward students with a small prize if they are wearing orange
- ✓ Celebrate Sweet Potato Month, February, with a different recipe each week!
  - ✓ Order "Spencer Sweetpotato" dolls to give away.  
(Available from the North Carolina SweetPotato Commission)
  - ✓ Feature a "Guess How Many Sweet Potatoes Are in the Pile" contest  
(*"Guessing" posters are available from the North Carolina SweetPotato Commission*)
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) pages 16-31

#### **Safety:**

Sanitize  
Cutting Boards  
After Each Task!!



**School Food Service Link.....**



**School Food Service Recipes**



## **Southern Sweet Potato Salad**

Serving Size: 1/2 cup

Yield: **25 servings**

1 serving=1/2 cup Fruit/Veg.

### Ingredients:

**4 lbs. Sweet Potatoes (Fresh), Peeled and Cut into 1/2 inch cubes**

**1/4 cup Lemon Juice**

**2 cups Mayonnaise**

**1/4 cup Orange Juice**

**2 tablespoons Honey**

**2 teaspoons Grated Orange Peel**

**1 teaspoon Ground Ginger**

**1/2 teaspoon Salt**

**1/4 teaspoon Ground Nutmeg**

**2 cups Sliced Celery**

**2/3 cup Chopped Dates**

### Directions:

In a saucepan, cook sweet potatoes in boiling water just until tender, about 5-8 minutes (do not overcook). Drain; toss with the lemon juice. In a large bowl, combine mayonnaise, orange juice, honey, orange peel, ginger, salt and nutmeg. Add the warm potatoes, celery and dates. Toss to coat well. Cover and chill.



# **Kiwifruits**

## **Fact Sheet**



### **Where did they come from?**

Kiwifruit is more than 700 years old. The kiwifruit began in the Yang-tse river valley in China where they called it “Yangtao”. It grew wild on vines that wrapped around trees. Between 1800 and 1900 samples of the fruit and seeds were sent to England. In 1904 plant cuttings were brought to the United States. It was not until 1962 that the U.S. received its first shipment of kiwi from New Zealand. At that time it was called the “Chinese Gooseberry”. The United States re-named kiwifruit after New Zealand’s national bird the kiwi. It’s appropriate that this fuzzy, brown, egg shaped fruit should be named the kiwi, a fuzzy, non-flying, brown bird. California started growing kiwi during the 1970’s, which is when it became available for the first time across the country.

### **Where do they grow?**

Most kiwifruit from our country is grown in California. Imported kiwi is grown in Chile and New Zealand. Kiwifruit can be found in your local supermarket all year long. California kiwi is available November to May, Chile kiwi is available April to November and New Zealand kiwi is available June through December.

### **How do they grow?**

Kiwifruit plants are first grown in hot houses where the roots and vines are grafted together. Later the kiwifruit plants are transplanted to fields where their vines are trained to grow on a trellis or lattice style frame. Kiwifruits need plenty of water to grow. A developing kiwi plant is called a berry. A plant may take up to three to five years before it produces fruit. Their vines can grow as high as 15 feet. Fruit hangs from the vines like a bunch of grapes. Kiwi is hand picked by workers wearing white cotton gloves to protect fruit from damage.

### **Are they healthy?**

- 👉 High in vitamins C & E and potassium
- 👉 Good Source of fiber
- 👉 Fat free, sodium free and cholesterol free

### **How do you pick a good one?**

- 👉 Buy firm kiwi; Ripen at room temperature for 3-5 days
- 👉 Ripe kiwi have a pleasant smell, are plump and slightly soft to the touch, like ripe peaches
- 👉 Avoid those with wrinkles, bruises or soft spots

# ☺ FUN FACTS! ☺

## Kiwifruits

### Did you know...

- ☺ Did you know kiwifruit has been described as tasting like a combination of melon, citrus fruits, nectarines and strawberries --- all in one?
- ☺ Did you know kiwifruit is green on the inside?
- ☺ Did you know that you can eat the tiny black seeds on the inside of the fruit?
- ☺ Did you know you can eat the fuzzy skin on the outside of the kiwifruit? *(Just rinse and rub the skin gently, cut into quarters and eat!)*
- ☺ Did you know you can speed up the ripening of kiwi by placing it close to, or in a bag with bananas, apples or pears? *(Kiwi is sensitive to a gas, ethylene, produced by these other fruits. This gas will soften the kiwifruit.)*
- ☺ Did you know that there are two types of kiwifruit, green and gold? *(The gold was first grown in the 1980's. It has a golden yellow flesh with tiny black seeds. On the outside it looks the same as green kiwi. It tastes similar to the green variety, but it has a hint of mango flavor.)*
- ☺ Did you know that kiwi can be used as a natural meat tenderizer?
- ☺ Did you know there are 400 varieties of kiwifruit in China?
- ☺ Did you know kiwi is one of the most popular fruits today?
- ☺ Did you know it takes almost 2 weeks for kiwi to arrive at U.S. ports from New Zealand?

Remember ... Include 5 - 9 servings of fruits and vegetables per day!



## School Food Service Link.....

Quick Steps to 5 - 9 servings of fruits and vegetables per day at school...

Listed below are suggestions that you may choose at your own discretion

### RECIPES:

- ✓ Cut kiwi in half; let students eat with a spoon  
**Note:** Since a half of a kiwi may only equal  $\frac{1}{4}$  cup fruit or even less based on the size, offer this item when 2 additional fruits/vegetables are featured on the menu  
E.g.:  $\frac{1}{2}$  cup mashed potatoes;  $\frac{1}{2}$  cup carrots;  $\frac{1}{2}$  kiwi  
4 oz. juice;  $\frac{1}{2}$  cup hash brown potatoes;  $\frac{1}{2}$  kiwi  
 $\frac{1}{2}$  cup corn;  $\frac{1}{4}$  cup lettuce/tomato;  $\frac{1}{2}$  kiwi  
 $\frac{1}{2}$  cup lettuce/tomato;  $\frac{1}{4}$  cup salsa;  $\frac{1}{2}$  kiwi
- ✓ Offer  $\frac{1}{2}$  kiwi with juice at breakfast to increase the amount of fruits consumed by students at this morning meal
- ✓ Add a slice of kiwi on top of fruit as a garnish
- ✓ Serve  $\frac{1}{2}$  kiwi with crushed pineapple in a soufflé cup
- ✓ Sell as a healthy a la carte snack
- ✓ Mix kiwifruit into pasta, chicken or turkey salads
- ✓ Add fresh kiwifruit slices to fruit salads
- ✓ Try a new recipe with kiwifruit ---Rainbow Fruit Salad (*attached*)

#### Presentation Meal Appeal -----

Make Food Fun ---  
Offer  $\frac{1}{2}$  Kiwifruit &  
Let Kids Eat with a Spoon!

#### Quality:

Store **Ripe Kiwifruit**  
Away From High Ethylene  
Producing Produce!  
E.g.: Apples, Bananas,  
Pears & Peaches

### MARKETING:

- ✓ Contact the **California Kiwifruit Commission** for resources [www.kiwifruit.org](http://www.kiwifruit.org)
- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9 for ideas

### PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day;  
Give this menu a special name (*Example: Kick'n' with Kiwi!*)
- ✓ Feature kiwi on a healthy lunch for Nat'l Nutrition Month
- ✓ Offer kiwi during Nat'l School Breakfast Week
- ✓ Offer this green fruit for St. Patrick's Day --- Emerald Isle Fruit
- ✓ Promote an "Unusual/Unique or Special Fresh Fruit Day" --- Feature Kiwi
- ✓ Initiate the **Vegetable and Fruit Challenge** as a classroom activity for Nutrition Month.  
Information in "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 51.  
Order additional challenge forms from Team Nutrition [www.fns.usda.gov/tn](http://www.fns.usda.gov/tn).
- ✓ Have students **Plan a Lunch**. Feature these classroom meal ideas on your future menus.  
Highlight the specific class. Use the forms and information from your "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) pages 36-39

#### Safety:

Sanitize Cutting  
Boards After Each  
Specific Task!





## **School Food Service Link.....**



## **School Food Service Recipes**



### **Rainbow Fruit Salad**

Serving size ½ cup

Yield: 100

#### **Ingredients:**

Use assorted fresh, frozen and canned fruit; a sufficient amount for 100 each ½ cup portions. **Be sure to use KIWI!**

**Additional fruit suggestions to use in salad: grapes, bananas, oranges...**

#### **Dressing:**

- ♦ 3 cups Orange Juice, Unsweetened
- ♦ 2 cups Lemon Juice
- ♦ 2/3 cup Honey
- ♦ 1 tsp. Ginger, Ground
- ♦ 1 tsp. Nutmeg, Ground

#### **Directions:**

1. Drain all Fruit. Place all fruit in large bowl.
2. For dressing, combine the orange juice, lemon juice, honey, ginger and nutmeg. Whisk until dressing is completely mixed.
3. Pour dressing over the fruit and toss lightly to coat evenly.
4. Cover bowl with wrap and refrigerate until service or preparation.
5. Serve 1/2 cup, using a #8 scoop or 1/2-cup ladle, per portion.

HACCP Tips: Wash hands and clean all food preparation surfaces



# Chickpeas

## Fact Sheet



### **Where did they come from?**

Chickpeas also known as garbanzos or ceci (*pronounce chee-chee*) beans are an ancient crop that has been grown in the Middle East, India and parts of Africa for over 7,000 years. They are small, cream-colored, mild flavored legumes. Chickpeas are popular in many of world cuisines such as Middle Eastern, Indian, Italian, Spanish and Latin America.

### **Where do they grow?**

Chickpeas are grown throughout the Middle East, India, Turkey, Africa and the United States. India produces about 80-90% of the world's chickpea supply. Most of the chickpeas produced in the United States are grown in California. Eastern Washington State, Idaho and Montana grow this crop also, and recently have increased the amount they are growing since Mexico has cut back their production. Chickpeas are available year round either dried or canned.

### **How do they grow?**

Chickpeas are grown on multiple branched plants with small, feathery leaves with seed pods containing seeds. These grow between 8 to 40 inches tall. Chickpea plants contain a tap root system which allows them to withstand drought conditions and grow best in warmer climates consisting of hot days and warm nights. Chickpeas also require fertile and sandy soil with good drainage to prevent soggy or flooded ground.

### **Are they healthy?**

- ✎ Excellent source of protein  
(*In school lunch these can count as either a vegetable component or protein/meat alternate component.*)
- ✎ Contains complex carbohydrates and fiber
- ✎ Good source of vitamin B6, C and zinc

### **How do you pick a good one?**

- ✎ These are commonly purchased in cans so you only need to be sure that the can is not damaged and it meets quality U.S.D.A. grade standards.
- ✎ Choose dried beans/peas that are uniformly sized and evenly colored
- ✎ Avoid dried chickpeas that are cracked or broken
- ✎ If buying dried in bulk, check for insect damage (small, pin size holes)

# 😊 FUN FACTS! 😊

## Chickpeas

### Did you know...

- 😊 Did you know chickpeas can be used in salads, soups, dips, and pasta or grain dishes?
- 😊 Did you know chickpeas are used to make hummus, a thick spread used on crackers or bread?  
(Hummus is commonly eaten by vegetarians since it is a good source of protein. It is a Middle Eastern dip. Hummus is chickpeas that are mashed and combined with lemon juice, oil, crushed sesame seeds and garlic.)
- 😊 Did you know chickpeas are used in a popular Middle Eastern dish called falafel?  
(To prepare this dish beans are mashed and formed into balls and then deep fried.)
- 😊 Did you know chickpeas can be purchased as dried or canned?
- 😊 Did you know that chickpeas have a nutlike flavor?
- 😊 Did you know chickpea seeds contain 20% protein, 5% fat and 55% carbohydrate?
- 😊 Did you know chickpeas are high in soluble fiber which may lower blood sugar and cholesterol levels?

**Remember ...**

**Include 5 - 9 servings of fruits and vegetables per day!**



## School Food Service Link.....

Quick Steps to 5 - 9 servings of fruits and vegetables per day at school...

Listed below are suggestions that you may choose at your own discretion

### RECIPES:

- ✓ Try a new recipe with chickpeas/garbanzo beans --- Hummus; Great vegetarian item! (USDA E-24)
- ✓ Add hummus to vegetable sandwiches and wraps
- ✓ Offer three bean salads with chickpeas (USDA E-11 Substitute chickpeas for kidney beans)
- ✓ Add chickpeas to fresh tossed salads for extra fiber
- ✓ Add chickpeas to cooked brown rice or white rice

### MARKETING:

- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Place free small samples out for students to taste test --- Advertise as "Free Samples" and students may try something new!
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9

### PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day; Give this menu a special name  
(*Example: Chill Out with Chickpeas or Groov'n' with Garbanzo Beans!*)
- ✓ Turn your salad bar into a "Salad Topping Bar":
  - ✓ Place lettuce, red/green leafy greens and fresh spinach in a bowl for students, then let them create their own salad masterpiece at the "Topping Bar"!
  - ✓ Offer salad toppings such as chickpeas, tomatoes, carrots, cucumbers, broccoli, three bean salad, sunflower seeds, Chinese noodles, croutons...
- ✓ Feature a "Vegetable Trivia Contest"!
  - ✓ Display different vegetables and have students "Name the Vegetable".  
Or
  - ✓ Distribute a list of vegetable trivia questions and ask "What Vegetable Am I?"
  - ✓ Enter all returned questionnaires in a box.
  - ✓ Pick several winners, but questionnaires selected as winners must have correct answers!
  - ✓ Give out Fun prizes!

#### **Presentation**

##### **Meal Appeal -----**

Vary Shapes in Salads for Eye Appeal and Exciting Mouth Feel!

#### **Quality:**

Rinse & Drain Canned Chickpeas to Eliminate Sodium!

#### **Safety:**

Return Bulging or Damaged Cans!



# School Food Service Link.....



## School Food Service Recipes



### Hummus

Meat/Meat Alternate

Salads and Salad Dressings

E-24

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned garbanzo beans or chickpeas, drained	4 lb 4 oz	2 qt 2 ½ cups (1 No. 10 can)	8 lb 8 oz	1 gal 1 ¼ qt (2 No. 10 cans)	1. Combine all ingredients in a food processor and puree to a smooth consistency.
Frozen lemon juice concentrate, reconstituted		3 ¾ cups		1 qt 2 ½ cups	
Peanut butter	2 lb	3 ½ cups 2 Tbsp	4 lb	1 qt 3 ¾ cups	
OR	OR	OR	OR	OR	
Tahini	2 lb	3 ½ cups 2 Tbsp	4 lb	1 qt 3 ¾ cups	
*Garlic cloves, peeled	5 oz	1 cup 1 Tbsp	10 oz	2 cups 2 Tbsp	
Olive oil		1 qt		2 qt	
Salt		2 Tbsp 1 tsp		¼ cup 2 tsp	
Ground black or white pepper		2 Tbsp 1 ½ tsp		¼ cup 2 tsp	
					2. Spread 5 lb ½ oz (approximately 3 qt 1 cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					3. CCP: Chill to 41° F or lower within 4 hours.
					Cover. Refrigerate until service.
					4. Portion with No. 8 scoop (¼ cup).

Comments:

\*See Marketing Guide.

#### Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Garlic	17 cloves	34 cloves

SERVING:	YIELD:	VOLUME:
½ cup (No. 8 scoop) provides 1 ¼ oz equivalent	50 Servings: about 10 lb 1 oz	50 Servings: about 1 gallon 2 ½ quarts

### Hummus

Meat/Meat Alternate

Salads and Salad Dressings

E-24

Special Tip:  
Serve with pita bread.

Nutrients Per Serving					
Calories	316	Saturated Fat	4.18 g	Iron	1.06 mg
Protein	6.74 g	Cholesterol	0 mg	Calcium	27 mg
Carbohydrate	14.74 g	Vitamin A	12 IU	Sodium	533 mg
Total Fat	27.07 g	Vitamin C	6.3 mg	Dietary Fiber	3.0 g



## **Apricots** **Fact Sheet**



### **Where did they come from?**

Apricots originated in China and have been around for more than 4,000 years. Trimmings of the apricot tree were progressively brought through the Persian Empire to the Mediterranean where they became a very popular fruit. Apricots were introduced to America by Spanish explorers who planted this fruit in the gardens of Spanish missions throughout California. In 1792, the first major production of apricots started in northern California.

### **Where do they grow?**

Apricots are grown in the United States including California, Indiana and Washington State but are also grown in Chile, New Zealand, Turkey, France, Spain and Italy. California produces 95% of the apricots grown in the United States but only about 16% of these apricots are sold fresh. U.S. grown apricots are available mid-May to mid-August and imported apricots from Chile and New Zealand are available from December through March. However, peak season for apricots range between December to January and May to June.

### **How do they grow?**

Apricots are grown on small to medium sized trees, which contain spreading canopies. Apricots grow best in deep, fertile, well-drained soils and are most successful in mild, Mediterranean climates where the weather is warm and there is no possibility of frost. Apricots are picked by hand. The apricot resembles a peach, but is smaller and has a smooth, oval pit that falls out easily when the fruit is halved. Fresh apricots are ripe when they yield to gentle pressure.

### **Are they healthy?**

- ✎ Contains high amounts of vitamin A which keeps skin, eyes and bones healthy
- ✎ Contains good amounts of vitamin C which helps in cell formation, iron absorption and cold prevention
- ✎ Does not contain saturated fat, sodium or cholesterol
- ✎ Good source of potassium

### **How do you pick a good one?**

- ✎ Choose fresh apricots that are plump with golden orange color
- ✎ Avoid ones that are pale yellow, greenish-yellow, shriveled or bruised
- ✎ Apricots, which are soft, have the best flavor

# ☺ FUN FACTS! ☺

## Apricots

### Did you know...

☺ Did you know apricots are a member of the rose family?

☺ Did you know there are many varieties of apricots;  
Pattersons, Blenheims, Tiltons, Castlebrites?

☺ Did you know apricots may be eaten raw or cooked?

☺ Did you know apricots are a relative of the peach?

☺ Did you know that apricots ripen earlier than most other  
summer fruits?

☺ Did you know that apricots are very sweet?

☺ Did you know that any recipe that contains peaches or  
nectarines can be substituted with apricots?

**Remember ...**

**Include 5 - 9 servings of fruits and vegetables per  
day!**



## School Food Service Link.....

Quick Steps to 5 - 9 servings of fruits and vegetables per day at school...

Listed below are suggestions that you may choose at your own discretion

### RECIPES:

- ✓ Try a new recipe with apricots ---  
Substitute canned apricots for peaches in  
Peach Muffin Squares/USDA B-20a  
Substitute apricots for peaches in Peach Cobbler and  
Peach-Honey Cobbler/USDA C-13;C13a  
Use apricots in your favorite Crisp recipe  
California Apricot-Oatmeal Breakfast Cake (see attached)
- ✓ Serve canned or frozen apricots in soufflé cups with granola topping
- ✓ Offer dried apricots as a fruit for breakfast or lunch
- ✓ Offer dried apricots as a healthy a la carte snack
- ✓ Add dried apricots to fresh tossed or spinach salads for a unique texture and sweetness
- ✓ Add dried apricots as a topping for hot or cold cereals

**Presentation**  
**Meal Appeal -----**  
**Contrast Texture for**  
**Taste Appeal!**

Add Granola as a  
Topping for Fruits ---  
Adds Crunch!

### MARKETING:

- ✓ Contact the California Apricot Council for resources  
[www.apricotproducers.com](http://www.apricotproducers.com)
- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9

**Quality:**

Chill Canned  
Fruit Before  
Portioning!

### PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day;  
Give this menu a special name (*Example: Awesome Apricots!*)
- ✓ Feature apricots as a Spring Menu Special ---  
*Spring into Awesome Apricots!*
- ✓ Feature "Orange Day" on the day that you offer apricots on your menu
  - ✓ Encourage the entire school to get involved
  - ✓ Reward students with a small prize if they are wearing orange
  - ✓ Invite a Special Guest to Lunch or Breakfast (*E.g.: Sports Star, College Athlete, Mayor, Congressman, TV Celebrity...*) Give it a try! You never know --- they may get very excited about visiting your school community!
  - ✓ Have a costumed mascot join elementary students for lunch or breakfast  
(*E.g.: Use local HS mascot; Contact USDA to use Power Panther costume - Free!*)  
[www.fns.usda.gov/eatsmartplayhard/](http://www.fns.usda.gov/eatsmartplayhard/) )
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) pages 16-31

**Safety:**

Keep Can Openers  
Sanitized ---Run Through  
Dish Machine!





## School Food Service Link.....



### School Food Service Recipes



## California Apricot-Oatmeal Breakfast Cake

*Created by Diane Wegner Deshler*

**Source:** *California Apricot Producers*

*Sweet and nutritious with Vitamin A-rich apricots and heart-healthy oats!*

### **Ingredients:**

**Yield:** 96 Servings

3 pounds 8 ounces all-purpose flour  
9 ounces oats old-fashioned  
1 tablespoon + 1 teaspoon baking powder  
1 tablespoon + 1 teaspoon baking soda  
1 tablespoon + 1 teaspoon cinnamon  
2 teaspoons salt  
3 pounds unsalted butter, softened  
2 pounds 12 ounces sugar  
1 pound 4 ounces brown sugar  
12 large eggs  
6 cups low-fat buttermilk  
1 #10 can California apricots, drained

### **Directions:**

- Preheat convection oven to 325°F.
- Coat three 12"x18"x2" hotel pans with cooking spray. Line the bottom of the pans with parchment paper.
- In a large bowl, combine flour, oats, baking powder, baking soda, cinnamon, and salt. Set aside.
- Chop drained apricots into medium dice and set aside.
- In a 20-quart mixer, cream butter using the paddle attachment until soft and smooth.
- Add sugar and brown sugar slowly to butter; combine until mixture is smooth and creamy.
- Beat in eggs, one at a time, until combined and batter is smooth.
- Slowly add dry ingredients alternately with buttermilk, beginning and ending with dry ingredients.
- Stir in apricots; do not over-mix.
  - Distribute the cake batter evenly among the three prepared hotel pans.
- Bake cakes about 30 minutes or until done. They will be golden brown on top and center will test clean with a toothpick or knife.
- Cool cakes for 1 hour. Carefully turn cakes over onto parchment lined sheet pans. Cool completely. Turn cakes back over onto new parchment lined sheet pans (so that the cake is right side up for serving).
- Serve or cover and store overnight. This cake keeps well and can easily be served the next day. Each pan makes 32 servings.
- Optional: After slicing, lightly sprinkle cake slices with powdered sugar.

Nutrition Facts (per 3.30 oz. serving): Calories 265.29, Calories from Fat 109.13, Fat 12.13 g, Protein 3.42 g, Carbohydrates 36.88 g, Cholesterol 57.75 mg, Dietary Fiber 0.97 g, Calcium 38.99 mg, Iron 1.20 mg, Sodium 146.64 mg



# **Sugar Snap Peas**

## **Fact Sheet**



### **Where did they come from?**

Peas have been used in dry form since ancient times, and were found in Egyptian tombs by archeologists. During the sixteenth century more tender varieties of peas were developed and eaten fresh. Sugar snap peas are one variety of peas, which are a cross between garden peas and snow peas. Sugar snap peas were developed in the seventeenth century but did not become commonly available in the United States until the 1970's.

### **Where do they grow?**

Sugar snap peas are grown in California, Connecticut, Florida, Illinois, Kansas, Kentucky, Louisiana, Maine, Massachusetts, Michigan, Mississippi, Missouri, New Hampshire, New York, North Carolina, Oklahoma, Oregon, Pennsylvania, South Carolina and Utah but are most abundantly grown in California. They are a cool weather crop and are available from late spring to early summer. Fresh sugar snap peas have a limited distribution throughout the states but frozen sugar snap peas are widely available all year long.

### **How do they grow?**

Sugar snap peas grow on a vine, which is supported by a trellis or other support system in order to keep the pods from touching the soil. The plants are generally about 4 feet high. After seeding, the sugar snap pea plant will mature in 70-75 days. At maturity the pods reach a length of 2 ½ to 3 inches. Before eating, the pods require "stringing" which is the removal of the thread-like string running the length of the pod.

### **Are they healthy?**

- 👉 Good source of vitamins A, C, thiamin, riboflavin and niacin
- 👉 Provides adequate amounts of phosphorus, iron and potassium
- 👉 No cholesterol, almost no fat and are low in sodium
- 👉 Pod contributes mostly water and vitamins

### **How do you pick a good one?**

- 👉 Look for bright green, firm pods with a slightly velvety feel
- 👉 Pods should be plump and filled and appear as if almost bursting
- 👉 Avoid limp, yellowed or heavily speckled pods

# ☺ FUN FACTS! ☺

## Sugar Snap Peas

### Did you know...

- ☺ Did you know a 100-calorie serving of sugar snap peas contains more protein than a whole egg or tablespoon of peanut butter?
- ☺ Did you know sugar snap peas are from the legume family?  
(Legumes are plants that produce pods containing edible, fleshy seeds.)
- ☺ Did you know about 1 cup of sugar snap peas equals 45 calories?
- ☺ Did you know the pods of sugar snap peas are plump, sweet and tender?
- ☺ Did you know there are other varieties of snap peas including Sugar Rae, Sugar Bon and Sugar Ann?
- ☺ Did you know frozen or fresh sugar snap peas make a great cold snack with dip?  
(Blanch, “shock” in ice water and chill. Serve as a finger food with your favorite dip.)
- ☺ Did you know that sugar snap peas are only available fresh and frozen?  
(The high temperatures used for canning would destroy the structure of the pod.)
- ☺ Did you know sugar snap peas require very little cooking time?  
(Cook only 2-3 minutes at a simmer. If overcooked the pods soften and the flavor is destroyed.)

**Remember ...**

**Include 5 - 9 servings of fruits and vegetables per day!**



## **School Food Service Link.....**

**Quick Steps to 5 - 9 servings of fruits and vegetables per day at school...**

*Listed below are suggestions that you may choose at your own discretion*

### **RECIPES:**

- ✓ Try a new recipe with sugar snap peas ---  
Creamy Dip for Fresh Vegetables (USDA E-13)  
Vegetable Soup (USDA H-4)  
Chinese Style Vegetables (USDA I-9)
- ✓ Add sugar snap peas to pasta dishes, cold or hot
- ✓ Add peas to tossed salads
- ✓ Blanch, shock in ice water and chill. Serve as a raw vegetable with carrot sticks and/or cherry or grape tomatoes. Offer with a dip or low fat ranch dressing.
- ✓ Mix sugar snap peas into stir-fries
- ✓ Offer steamed, seasoned sugar snap peas as a vegetable component with lunch.
  - ✓ Add Chinese noodles or water chestnuts for crunch
  - ✓ Add diced red pepper or carrots for color

### **MARKETING:**

- ✓ Hang up posters from your "Fruits & Vegetables Galore" Kit  
*Sense-ational Food; Eat Your Colors Every Day/Tuba Player;  
Eat Your Colors Today; Enjoy Fruits & Vegetables!*
- ✓ Meet with a group of students to discuss the school meal program. Bring new vegetables for them to taste test, such as sugar snap peas. Following the meeting, add their suggestions and the vegetables that they liked to your menus. Include these words next to new vegetables: "Taste-Tested & Student Approved!"
- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9

### **PROMOTIONS:**

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day; Give this menu a special name (*Example: Snap to It --- Try Snap Peas!!*)
- ✓ Feature "Green Day" on the day that you offer sugar snap peas on your menu
  - ✓ Encourage the entire school to get involved
  - ✓ Reward students with a small prize if they are wearing green
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) pages 16-31

#### **Presentation Meal Appeal -----**

##### **Try a Crispy New Texture for Taste Appeal!**

Add Sugar Snap Peas to:  
Green Salads, Pasta Salads, Raw  
Veggies, Cooked Rice &  
Mixed Vegetables

#### **Quality:**

Batch Cook Vegetables  
Before Each Lunch!  
Do Not Overcook---  
Dulls Color and Destroys  
Flavor & Texture!

#### **Safety:**

Store Fresh  
Produce at  
Least 6" Off the  
Floor and Away  
From the Wall!



# **Bananas**

## **Fact Sheet**



### **Where did they come from?**

Bananas originated in the Malaysian jungles of Southeast Asia. Some researchers believe that bananas were the earth's first fruit and in some countries bananas were considered the principal food. Early travelers and settlers carried roots of banana plants as they migrated to the Middle East and Africa. As Spanish explorers brought bananas on their journeys they introduced the fruit to the New World. However, it was not until the 1876 Philadelphia Centennial Exhibition when the bananas were officially introduced to the American public. Since the late 1800's bananas have been imported from other countries into the United States.

### **Where do they grow?**

Bananas grow in tropical areas throughout the world. Bananas are not commercially grown in the United States but imported from countries in Central and South America including Colombia, Costa Rica, Ecuador, Guatemala, Honduras, Panama, Mexico, and Nicaragua. Costa Rica and Ecuador are the largest exporters of bananas. Bananas are available all year long throughout the United States.

### **How do they grow?**

Most people think bananas grow on trees but they actually grow on herb plants. Banana plants are a member of the lily family and are the largest herb plants in the world! Bananas grow best in tropical conditions since they require warm weather, rich soil and plenty of water. Bananas are formed inside a large bud, which grows upward from the root of the plant. As the bud grows, its petals open to a bunch of bananas called a "hand" which contains about 20 "fingers". Bananas are harvested when green and ripen while in the supermarket or after they are purchased.

### **Are they healthy?**

- 👉 Good source of fiber, vitamin C and B6
- 👉 Rich in potassium which helps muscles work
- 👉 Low in calories and contain no fat, cholesterol or sodium

### **How do you pick a good one?**

- 👉 Choose bananas that are firm and free of bruises
- 👉 Avoid those with brown spots or ones that seem soft
- 👉 Bananas are best when they have yellow peel speckled with brown dots

# 😊 FUN FACTS! 😊

## Bananas

### Did you know...

- 😊 **Did you know bananas are the most popular fresh fruit in the United States?**
- 😊 **Did you know bananas received a new name each time a different group of people discovered them?**  
(Some of these included “banna”, “ghana” and even “funana”! The people of Africa are credited for giving the banana its permanent English name.)
- 😊 **Did you know bananas are the fruit choice of many athletes?**  
(The reason --- they have both a high amount of carbohydrates as well as potassium! Potassium is a mineral that helps the muscles work.)
- 😊 **Did you know you can store ripe bananas in the refrigerator; the peel turns brown but the fruit inside will still be good?**
- 😊 **Did you know there is a banana primarily used for cooking?**  
(It is called a “plantain”. It is used like a potato in many tropical lands.)
- 😊 **Did you know there are several different varieties of bananas?**  
(These include “finger bananas”, “red bananas” and “plantains”. The popular yellow banana, “Cavendish” is the one we commonly see in grocery stores.)
- 😊 **Did you know that an average person eats 33 pounds of bananas each year?**
- 😊 **Did you know bananas have been produced for over 1 million years?**
- 😊 **Did you know more than 96% of American households purchase bananas at least once a month?**
- 😊 **Did you know that Dole packs single bananas in a special way specifically for school food service?**  
(There are 150 single packed bananas in a case. These are always consistent in size, quantity, and quality and are pre-washed and pre-trimmed; ready to serve from the carton!)

**Remember ...**

**Include 5 - 9 servings of fruits and vegetables per day!**



## School Food Service Link.....

Quick Steps to 5 - 9 servings of fruits and vegetables per day at school...

Listed below are suggestions that you may choose at your own discretion

### RECIPES:

- ✓ Try a new recipe with bananas ---  
Baked Bananas (USDA C-34)  
Banana Bread Squares (USDA B-5 or B-5a)
- ✓ Offer peanut butter and banana sandwiches
- ✓ Sneak some fruit in pudding desserts; Add banana slices to vanilla or chocolate pudding
- ✓ Offer a whole banana or slices with hot or cold cereal
- ✓ Top banana slices with a spoonful of low fat yogurt and granola for crunch
- ✓ Offer banana-nut bread or muffins for breakfast, lunch or After School Snack
- ✓ Feature a "banana split or blast" for lunch!  
(One each banana, 4 oz. low-fat yogurt, ½ or ¼ cup of crushed pineapple, diced peaches or cherries, ¼ cup or 1 ounce of granola and 1 oz. of peanuts, almonds or walnuts; Add a bag of animal or shaped graham cracker equaling 1 bread serving; Package in a plastic or boat style container.)  
This can also be offered for breakfast --- simply change the portions!

#### **Presentation Meal Appeal -----**

Add Bananas to Puddings or Fruit Salads for a Unique Texture; Top with Granola for Crunch!

### MARKETING:

- ✓ Contact Dole, Nicholas Schneider, for super resources!  
(Examples: Fruit character cut-outs, posters, placemats, folders....  
You can even use their Dole Banana costume for FREE!)  
Phone: (973) 402-1192      nicholas\_schneider@na.dole.com
- ✓ Check out the Dole web site for ideas [www.dole5aday.com](http://www.dole5aday.com)
- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9

#### **Quality:**

Store Bananas at Room Temperature!  
Ideal Storage Temperature is 56° -60°

### PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day; Give this menu a special name  
(Examples: *Banana Blast!* *Blast Off with Bananas!* *Banana Blitz!*)
- ✓ Feature "Yellow Day" on the day that you offer bananas on your menu
  - ✓ Encourage the entire school to get involved
  - ✓ Reward students with a small prize if they are wearing yellow
- ✓ Offer a "Banana Trivia" quiz. Place all returned quizzes in a box and pick out several winners, but be sure their answers are correct!
- ✓ Promote a "Blast Off with Bananas" day. Use space names for all the menu components.

#### **Safety:**

Remember Gloves Protect Food --- Not Hands!  
Hands Should Always be Clean Before Putting on Gloves!





## **Spinach** **Fact Sheet**



### **Where did it come from?**

Spinach is thought to be of Persian origin. It was first brought to Europe in the ninth century when it was introduced to Spain by Persian Arabs, who gave the plant its name. It was also grown in Italy as a Lenten food and was planted in the fall and picked in February, just in time for Lent, when meat cannot be consumed. Since the early 19<sup>th</sup> century, spinach has become a versatile and commonly used vegetable in the United States.






### **Where does it grow?**

Spinach is grown throughout the country including Alaska, California, Connecticut, Kansas, Maine, Massachusetts, New Hampshire, New Jersey, New York, North Carolina, Ohio, Oregon, Pennsylvania, Rhode Island, South Carolina, Texas, Utah, Virginia and Washington. California is responsible for over one half of the production of spinach in the United States. Texas is the next largest producer of spinach, yielding one third of the total crop production. New Jersey has significant acreage of spinach grown throughout the state.




### **How does it grow?**

Spinach is a green, leafy plant that grows close to the ground. The stems of the leaves grow straight up from the ground in clusters. Spinach is composed of a taproot, which is a type of root that grows downwards into the soil, with branching roots toward the surface of the soil. Leaves usually grow 6 to 8 inches long. Spinach is considered a hardy cool season crop, which can be grown almost anywhere within the United States, but grows best in 50°- 60°F temperatures. It is available to purchase year-round. Its best seasons are in the fall and spring because it grows good in cool, damp weather.

### **Is it healthy?**

-  Good source of iron, fiber, folic acid, magnesium and manganese
-  To improve iron absorption in spinach, eat vitamin C rich foods such as orange juice, citrus fruits or tomatoes with your spinach
-  Provides high amount of vitamin A and good amounts of vitamins C and K
-  Contains more protein than most other vegetables
-  Contains the phytochemical (*pronounce "fight-o-chemical"*) lutein (*pronounce "loo-teen"*) which keeps your eyes healthy

### **How do you pick good ones?**

-  Select green and crisp leaves with a fresh, sweet fragrance
-  Spinach leaves should have a springy texture
-  Avoid leaves that are limp, damaged or spotted



# ☺ FUN FACTS! ☺

## Spinach

### Did you know...

- ☺ **Did you know there are three different varieties of spinach?**  
(Flat or Smooth Leaf which has smooth leaves, Savoy which has curly leaves and Semi-Savoy which has slightly curly leaves.)
- ☺ **Did you know that spinach is good for you?**
- ☺ **Did you know you can find spinach in your local supermarket in the following forms --- fresh, canned or frozen?**
- ☺ **Did you know spinach contains phytochemicals** (*pronounce "fight-o-chemicals"*), **which helps protect themselves from insects and helps protect your health too?**
- ☺ **Did you know eating and preparing spinach is simple because it can be eaten raw or cooked?**
- ☺ **Did you know raw spinach provides 3 grams of protein per 3 cup serving?**
- ☺ **Did you know spinach can contain a lot of grainy dirt particles and, therefore, should be washed thoroughly and gently to avoid tearing the leaves?**
- ☺ **Did you know slightly damp spinach can be steamed or microwaved without adding any additional water?**

### Remember ...

**Include 5 - 9 servings of fruits and vegetables per day!**



## School Food Service Link.....

Quick Steps to 5 - 9 servings of fruits and vegetables per day at school...

*Listed below are suggestions that you may choose at your own discretion*

### DOD (Department of Defense):

- ✓ Call Leslie Bowen to place orders: 1-800-795-3523
- ✓ An assortment of fresh and pre-cut fresh produce is available from DOD at economical prices!

### RECIPES:

- ✓ Try a new recipes with spinach ---  
Warm Spinach Salad (see attached)  
Turkey Pita Pizzazz (see attached)  
Orange Spinach Salad with Honey Dill Dressing (see attached)  
Spinach Dip (see attached)
- ✓ Offer fresh spinach salads with hard boiled eggs as a lunch choice
- ✓ Offer pizza with toppings of cooked spinach
- ✓ Add cooked, chopped spinach to soups, tomato sauce, rice, and pasta dishes
- ✓ Add fresh spinach leaves to iceberg and/or romaine lettuce for a colorful nutritious salad
- ✓ Add fresh spinach leaves, instead of iceberg lettuce, as a sandwich topping

### MARKETING:

- ✓ Contact the "Leafy Greens Council" for posters and other resources  
They also have a great website --- Check it out!  
Call: Ray Clark at 1-651-484-3321 [www.leafy-greens.org](http://www.leafy-greens.org)
- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9

### PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day;  
Give this menu a special name (*Examples: Super Star Spinach! Sensational Spinach Day!*)
- ✓ Feature "Green Day" on the day that you offer spinach on your menu
  - ✓ Encourage the entire school to get involved
  - ✓ Reward students with a small prize if they are wearing green
- ✓ May is "Salad Month" --- Celebrate by featuring a variety of exciting salads as vegetable choices; Try different types of leaves in your salads such as fresh spinach, romaine, red leafy greens, and cabbage red and/or green...
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) pages 16-31

#### **Presentation Meal Appeal -----**

**Vary Colors for Eye Appeal:**  
Add Spinach to Iceberg and  
Romaine for a Colorful Healthy  
Tossed Salad!

#### **Quality:**

For Crisp Spinach  
Leaves ---  
Wash and Pat Dry  
Just Before Using!

#### **Safety:**

Wash Spinach  
Leaves Thoroughly  
Before Use!



## **School Food Service Link.....**



## **School Food Service Recipes**



### **Warm Spinach Salad**

**Serving Size:** ½ cup

**Recipe From:** SNA Database

**Yield:** 200

**Source:** NH Department of Education

#### **Ingredients:**

- 20 oz. Spinach
- 1/2 cup or 4 oz. Olive Oil
- 8 onions Red Onions, Sliced
- 2 cups or 16 oz. Balsamic Vinegar
- 2 cups. Olive Oil
- 2 cups. Almonds, Toasted, Sliced or Silvered
- 24 each Apples, Red Delicious

#### **Directions:**

1. Wash and de-vein spinach, removing stems. Air-dry spinach or put into a salad spinner until dry.
2. Heat olive oil in large sauté pan or tilt skillet.
3. Halve apples lengthwise and cut into quarters. Remove cores. Slice into long thin slices.
4. Skin and slice onion in half. Slice into thin strips or julienne.
5. Add apples and onions to hot olive oil and sauté until slightly wilted and red onion begins to bleed.
6. De-glaze pan with balsamic vinegar and remove from heat. Add remainder of olive oil and toss hot onion apple mixture into washed and dried spinach. Toss well.
7. Serve 1/2 cup per portion with garnish of toasted almonds.

HACCP Tips: Wash hands and clean all food preparation surfaces.



## **School Food Service Link.....**



## **School Food Service Recipes**



### **Turkey Pita Pizzazz**

**Serving Size:** ½ Pita

**Recipe From:** SNA Database

**Yield:** 100

#### **Ingredients:**

- 50 6-in. Pita pockets, whole wheat or white Dry
- 3 lbs., 2 oz. Spinach leaves, wilted
- 6 lbs., 4 oz. Turkey breast, cooked, julienne Leaves
- 6 lbs., 4 oz. Mozzarella cheese, shredded Canned
- 1 tsp Garlic, minced Canned
- 8 each Bay Leaf Crushed,
- 1 Tbsp., 1 tsp. Basil Leaves, Dry Canned
- 2 tsps. Thyme Leaves,
- 1/4 tsp. White Pepper
- 1 Tbsp., 1 tsp. Oregano
- 1/2 cup. Tomato Juice,
- 1 qt. Tomato Sauce,
- 3 1/2 cups Tomatoes,

#### **Directions:**

1. Combine garlic, spices and tomato juice in a saucepan or steam kettle. Boil and reduce until nearly dry.
2. Add tomato sauce and tomatoes. Bring to a boil and simmer for 10 minutes.
3. Remove from heat. Remove bay leaves.
4. Spread 1 oz. tomato sauce over each whole pita bread.
5. Place 1/4 cup lightly blanched spinach on sauce and top with 2 oz. turkey.
6. Place 2 oz. (or 1/2 cup) shredded cheese on top of turkey.
7. Bake in a conventional oven at 350° F for 13 minutes or a convection oven at 350° F for 8 minutes, until cheese is melted.
8. Cut into halves and serve one half per portion.

**HACCP Tips:** Wash hands and clean all food preparation surfaces



## **School Food Service Link.....**



## **School Food Service Recipes**



### **Orange Spinach Salad with Honey Dill Dressing**

Serving Size: ½ cup

Yield: Approx. 30 each

#### **Ingredients:**

- 10 oz. Fresh Spinach Toss.
- 1 Head Iceberg lettuce
- 2 Tablespoons Onions, Diced
- 2 Tablespoons Green Pepper, Diced
- 2 Large Oranges, Peeled & Sectioned
- 1 Cucumber, Shredded

#### **Directions:**

Place all ingredients in bowl.

### **Honey Dill Dressing**

Serving Size: 1 Tablespoon

Yield: 2 cups or 32 Servings

#### **Ingredients:**

- 1 ½ cups Low-Fat Mayonnaise
- ¼ cup Honey
- 2 Tablespoons Lemon juice
- 2 Tablespoons Dill Weed

#### **Directions:**

Mix all ingredients in bowl.  
Pour over salad or serve on side.

### **Yummy Spinach Dip**

#### **Ingredients:**

Yield: Approx. 4 cups

- 2 each 10 oz. Packages Frozen Chopped Spinach, Thawed
- ½ cup Mild White Onion, Finely Chopped
- 3 Cloves Garlic, Finely Chopped
- 2 cups Raw Red Pepper, Finely Chopped
- 1 cup Low-Fat Sour Cream
- 1 cup Low-Fat Mayonnaise
- Optional: Salt & Pepper for Additional Seasoning
- Assorted Colorful Raw Vegetables for Dipping

#### **Directions:**

Squeeze the water out of the spinach, and place the spinach in a mixing bowl. Stir in the onion, garlic, red pepper, sour cream, and mayonnaise. Season with salt and pepper. Let the dip sit at room temperature for 1 hour for the flavors to mix. Stir again before serving. This dip keeps well refrigerated for 1 week.

**Recipe From: Dole Food Company, Inc.**



## **Blueberries** **Fact Sheet**



### **Where did they come from?**

Blueberries have origins in both Europe and the United States. Blueberries have been around for thousands of years and were once called “star berries” because of their star-shaped crown on the top of the berry. Native Americans were the first to incorporate berries into their diets. Lewis and Clark found that Indians in the Northwest Territory smoked wild blueberries to preserve them for the winters. One of the first meals exchanged between Lewis and Clark and the Indians was venison that had wild blueberries pounded into the meat. The cultivated blueberry, the variety that is primarily sold fresh, was a development made in the 1900’s by a New Jersey botanist, Frederick Coville. He crossed different varieties of wild blueberries to create an easily grown blueberry for gardens and farms.

### **Where do they grow?**

Blueberries are native to North America where 95% of commercial blueberries are grown between the United States and Canada. Michigan and New Jersey together produce 66% of all the blueberries in the United States. Michigan produces 41% and New Jersey produces 25%. Other states, which grow blueberries, include North Carolina, Oregon and Washington. Maine and Eastern Canada grow wild blueberries, since these grow well in cool climates. Blueberry season ranges from mid-April to late September beginning in the southern states and moving north as the season continues. Frozen blueberries are available year round.

### **How do they grow?**

Cultivated blueberries, which are the most common variety seen in the supermarkets, are grown on thousands of farms across the United States. Blueberry plants grow on a bush. They like moist, well-drained acidic soils. Today, most of them are grown on highbush plants which are 10 to 15 feet in height. These highbushes are easier for hand or machine picking. Blueberries are grown in clusters that do not ripen all at the same time. Sometimes the blueberries on the bottom of the clusters may be ripe while the fruit on top are still green. On average it takes about two to five weeks for blueberries to ripen on the bush.

### **Are they healthy?**

- 👉 Good source of vitamin C, potassium, phosphorus, iron,
- 👉 High in soluble fiber which helps lower cholesterol
- 👉 Contains anthocyanin, a disease fighting and anti-aging substance  
(Eating blueberries each day, may help keep the gray away!)

### **How do you pick good ones?**

- 👉 Look for those with deep blue color
- 👉 Skins should have a white sheen called a “bloom” which is a sign of freshness
- 👉 Should be firm, dry, plump and smooth skinned
- 👉 Frozen blueberries should rattle in the bag; If frozen in a clump, it indicates that they were thawed and refrozen

# ☺ FUN FACTS! ☺

## Blueberries

### Did you know...

- ☺ Did you know only 1/2 cup of blueberries equals one serving of your 5 a day?
- ☺ Did you know over 200 million pounds of blueberries are produced each year in North America?
- ☺ Did you know blueberries contain more disease-fighting antioxidants than almost any other fruit or vegetable?
- ☺ Did you know blueberries are the second most popular berries in the United States? What do you think the favorite berry is? (*Strawberries are our favorite!*)
- ☺ Did you know there are two varieties of blueberries; cultivated, and wild?  
(Wild blueberries are much smaller than the cultivated ones that we commonly eat fresh. The wild ones are usually sold in cans or as frozen. They also have a chewy, stronger flavor.)
- ☺ Did you know that there are 1,600 wild blueberries in a pound and 500 cultivated blueberries in a pound?
- ☺ Did you know blueberries are also available dried?  
(Dried blueberries make a great healthy snack! They can be used in recipes, just as you would use raisins.)
- ☺ Did you know that if you dust fresh blueberries with flour, just before you add them to a batter that they will not sink to the bottom of the pan?

**Remember ...**

**Include 5 - 9 servings of fruits and vegetables per day!**



## School Food Service Link.....

Quick Steps to 5 - 9 servings of fruits and vegetables per day at school...

*Listed below are suggestions that you may choose at your own discretion*

### RECIPES:

- ✓ Try a new recipe with blueberries ---  
Blueberry Muffin Squares (USDA B-20a)  
Blueberry Delight (see attached)
- ✓ Offer blueberries with whipped topping or vanilla yogurt for lunch
- ✓ Offer blueberry crisp or cobbler
- ✓ Add blueberries to fruit salads and tossed salads
- ✓ Offer fresh blueberries as a topping for cereal at breakfast
- ✓ Offer a blueberry sauce as a topping for pancakes, waffles or French toast for breakfast or lunch
- ✓ Serve blueberry muffins for breakfast, lunch or After School Snack

### MARKETING:

- ✓ Check out the North American Blueberry Council for ideas and resources [www.blueberry.org](http://www.blueberry.org)
- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9

### PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day; Give this menu a special name!  
(Examples: Build Brain Power---Eat Blueberries! Blast Off with Blueberries! )
- ✓ Feature Red-White-Blue fruit desserts for Flag Day! Line up soufflés cups filled with cherries and topping, and a row of blueberries with topping
- ✓ Feature "Blue Day" on the day that you offer blueberries on your menu
  - ✓ Encourage the entire school to get involved
  - ✓ Reward students with a small prize if they are wearing blue
- ✓ Turn your salad bar into a self-serve topping bar for breakfast or lunch; Let them create a "Yogurt Sundae!"
  - ✓ Distribute 4 ounces of low-fat yogurt
  - ✓ Offer assorted frozen, canned and dried fruits, granola, nuts... at the topping bar (*Be sure to offer blueberries!*)
  - ✓ Let students add their own toppings for a healthy fruit'n'yogurt treat!
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) pages 16-31

#### **Presentation Meal Appeal -----**

Place Fruits and Vegetables at the Beginning of the Line to Promote their Selection!

#### **Quality:**

Thaw Frozen Fruit in Refrigerator! Use Immediately When Thawed to Maintain Freshness!

#### **Safety:**

Wash Produce Before You Cut so the Knife Does Not Become Contaminated!





## **School Food Service Link.....**



## **School Food Service Recipes**



### **Blueberry Delight**

**Yield:** 130 each 4 oz. servings

**Recipe From:** Mary Farmer, Upper Deerfield Twp. School District

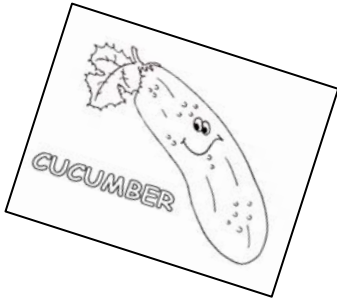
#### **Ingredients:**

- 1 each 30 lb. Box of Frozen Blueberries
- 1 each 16 oz. Box of Cornstarch
- 1 lb of Butter or Margarine
- 5 cups Sugar
- $\frac{1}{4}$  cup Lemon Juice
- 3 Tbsp. Vanilla Extract
- 2 Tbsp. Lemon Extract
- 1 each 10.8 oz. Bag Whipped Topping (follow directions on bag)

#### **Directions:**

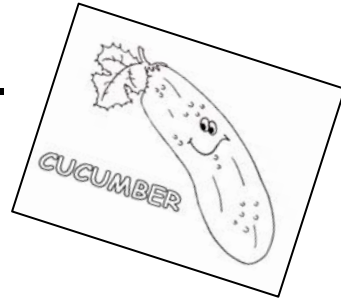
Combine in a large steam pot blueberries, butter, sugar, vanilla, lemon juice and lemon extract. Bring to a boil. Remove 1 qt. blueberry juice and mix with cornstarch. Pour back into blueberries to thicken. Cook 20 minutes until blueberry mixture thickens.

Cool down blueberries in two four-inch steam pans for 15 minutes. While still warm use #8 scoop and dip into clear plastic 5 oz. dessert dishes. Refrigerate for one hour. Use #30 scoop to garnish with whipped topping before serving to your customers.



# **Cucumbers**

## **Fact Sheet**

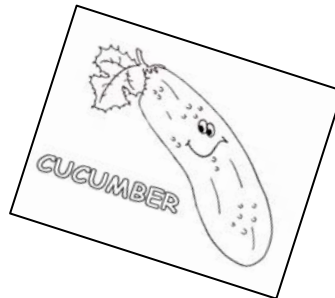


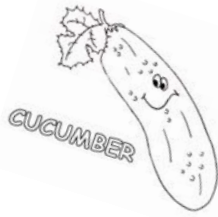
### **Where did they come from?**

Cucumbers have been cultivated for over 3,000 years and may be one of the oldest crops ever grown. Cucumbers originated in India where they spread through Greece and Italy. By 1539 cucumbers were grown in Florida by the natives and by 1584 they were grown in Virginia. During the 16<sup>th</sup> century cucumbers were being produced throughout North America. Today, cucumbers are grown all over the world and are eaten as a fresh raw vegetable or they are used for pickling.

### **Where do they grow?**

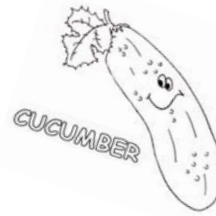
Cucumbers are grown in all states throughout the country but the majority of the cucumbers produced come from Florida. The major states that grow cucumbers that are sold fresh are Florida, Georgia, North Carolina, South Carolina, New York and California. Michigan, Wisconsin, North Carolina and Texas are major states that produce processing cucumbers those which are used primarily for pickling. During the fall and winter months cucumbers are imported from Mexico into the United States and, therefore, they are available to us all year long. The best months to purchase cucumbers are May through July.





# **Cucumbers**

## **Fact Sheet**



### **How do they grow?**

Cucumbers are produced by seeds, which are directly planted into the soil. The stems of the cucumber plants develop into vines, which can be trained on trellises to save space and improve their yield and quality. Cucumber plants have moderately deep roots. Cucumbers grow best in warm temperatures and require good irrigation, weed control, disease and insect management.

Two types of cucumbers are grown, those used to be eaten as a fresh, raw vegetable and those used to make pickles. Pickling cucumbers are usually smaller and fatter with bumpy, lighter green colored skins. The skins of cucumbers eaten raw are often waxed after they are picked, as this prevents them from going bad quickly. “Cukes”, as they are commonly called, grow in a variety of sizes from the 1 inch gherkin which is usually pickled, to ones that are 20 inches or longer. The varieties that are used for eating raw are usually 6 to 9 inches long.

Today, many cucumbers are grown in greenhouses. Most of these are slender with a thin, smooth skin and are seedless, or contain very small seeds. They are usually 1 to 2 feet long and are also milder in flavor. These are often called “burpless cucumbers” or “English cucumbers” and are easier to digest.

### **Are they healthy?**

- ✎ Good source of iron, calcium, vitamin A and C
- ✎ Contain carbohydrates, protein and dietary fiber

### **How do you pick a good one?**

- ✎ Choose ones that are very firm with rounded ends
- ✎ The skin should be a rich green color (*“Kirby” and “burpless” varieties are lighter in color*)
- ✎ Avoid those that are withered, shriveled or contain soft spots
- ✎ Choose slender cucumbers as they usually have less seeds

# 😊 FUN FACTS! 😊

## Cucumbers

### Did you know...

- 😊 **Did you know cucumbers are 95% water?**
- 😊 **Did you know the inner temperature of a cucumber can be 20° degrees cooler than the outside air?**  
(This is how we got the catchy phrase “Cool as a Cucumber”!)
- 😊 **Did you know cucumbers are cool and moist due to their water content?**
- 😊 **Did you know there are many varieties of cucumbers?**  
(English, Persian, Pickling, Armenian and Japanese)
- 😊 **Did you know cucumbers are a member of the gourd family along with pumpkins, zucchini, watermelon and squash?**
- 😊 **Did you know some cucumbers are called “burpless”?**  
(These cucumbers have no seeds or tiny seeds which make this variety easier for people to digest.)
- 😊 **Did you know the “kirby” cucumber, used to make dill pickles, is also a popular raw cuke?**  
(The “kirby” is popular as a fresh cucumber because it has a thin skin with a crisp flesh or inside and tiny seeds. Its skin is also not waxed!)
- 😊 **Did you know an average sized cucumber has only 15 calories?**
- 😊 **Did you know there are two types of cucumbers; slicers and picklers?**  
(“Slicers” are eaten raw or fresh and “picklers” are used to make pickles.)

**Remember ...**

**Include 5 - 9 servings of fruits and vegetables per day!**



## School Food Service Link.....

Quick Steps to 5 - 9 servings of fruits and vegetables per day at school...

Listed below are suggestions that you may choose at your own discretion

### RECIPES:

- ✓ Try a new recipe with cucumbers ---  
Cucumber Sauce (USDA G-13); This is a Grecian sauce called "Ttatziki" and is used as a topping for Greek gyros (USDA F-09). Also use to top baked potatoes or as a dressing for Greek salads.
- ✓ Try a quick cucumber sauce! Add 1 lb. 10 oz. of grated cucumbers to 3 cups of prepared Ranch dressing. This makes a great raw vegetable dip or use as a topping for sandwiches and wraps.
- ✓ Add cucumber slices to fresh, tossed salads
- ✓ Prepare a cucumber salad with a twist of flavor!  
Slice cucumbers and onions up very thin.  
Mix with ranch dressing. Serve on your salad bar, as a side vegetable or as a garnish with cold sandwiches or prepackaged salads.
- ✓ Add cucumber sauce to baked or grilled chicken
- ✓ Offer cucumber slices/sticks and carrot circles/sticks with vegetable dip; Vary color and shape for added eye appeal!

#### **Presentation Meal Appeal -----**

Add a Decorative Touch  
Run Tines of a Fork Down  
Entire Length of Cucumber,  
Penetrating the Skin.  
Slice into Circles.

#### **Quality:**

Refrigerate Cucumbers---  
Do Not Overchill  
as this will Make the  
Inside of the Cucumber  
Mushy!

### MARKETING:

- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9

### PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day;  
Give this menu a special name (*Example: Cuky for Cucumbers! Chill Out with Cukes! Cucumber Craze!*)
- ✓ Feature a week filled with cukes! Offer cucumbers in an assortment of recipes.  
Offer a different one for each day of the week!
- ✓ Feature "Green Day" on the day that you offer cucumbers on your menu
  - ✓ Encourage the entire school to get involved
  - ✓ Reward students with a small prize if they are wearing green
- ✓ Turn your salad bar into a self-serve fruit and vegetable bar once/week or once/month
  - ✓ Select produce in season
  - ✓ Utilize commodity frozen and canned fruits and vegetables and dried fruits
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) pages 16-31

#### **Safety:**

Wash the Outside of All  
Fresh Produce  
Before Use!